

Lentils are an excellent source of protein, fibre, folate and B vitamins. High fibre content prevents blood sugar levels from rising rapidly after a meal, which makes them a great choice for people with diabetes.

Greek Lentil Salad

Ingredients

- 1 19 oz. can lentils, rinsed and drained
- ½ cup calamata olives (optional)
- ½ cup onion, chopped
- 1½ cups grape tomatoes, halved
- ½ cup green peppers, chopped
- 1 cup cucumber, diced
- ¼ cup feta cheese, crumbled
- ¼ cup fresh parsley, chopped
- ¼ cup canola oil
- ¼ cup lemon juice
- 1 tablespoon dried oregano



Instructions

1. In a large bowl, combine lentils, olives, onion, tomatoes, green pepper, cucumber, feta cheese and parsley.
2. In a small bowl, whisk canola oil, lemon juice and oregano together.
3. Add dressing and parsley to lentil mixture and toss to coat.
4. Can be eaten right away or covered and left in refrigerator to marinate for 2 hours before serving. Salad can be made a day in advance.
5. Makes 10 servings

Source: <https://www.diabetes.ca/diabetes-and-you/recipes/greek-lentil-salad>

