French Lentil & Radish Salad

BY RANELLE KIRCHNER, CHEF RDN

🕐 10 MINS PREP | 🕐 25 MINS COOK | 🍴 2 SERVINGS

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INGREDIENTS

¾ cup French lentils rinsed

2 cups water

1 bunch radish

1 zucchini diced

1 tablespoon lemon juiced

3 tablespoons olive oil

2 tablespoons tarragon chopped

2 tablespoons feta

NUTRITION INFORMATION PER SERVING	
Calories **495kcal**	Sodium **146mg**
Carbs **54g**	Fiber **11g**
Protein **21g**	Added Sugar **0g**
Total Fat **24g**	Fruits **0.05 servings**
Saturated Fat **4.48g**	Vegetables **1.85 servings**

Method

1. Place lentils and water in a pot and bring to a boil. Lower heat and simmer for 25 minutes, or until lentils are tender.

2. Clean radish greens thoroughly and chop. Thinly slice the radish and add both the greens and root to a medium mixing bowl, along with the zucchini and cooked lentils.

3. In a smaller separate bowl or jar with fitted lid, add the lemon juice and olive oil. Whisk or shake vigorously, then add to the mixing bowl of veggies. Top with tarragon and feta and serve.