Lemony Lentil Salad with Salmon

Yield: 6 servings  
Total Time: 30 minutes

Ingredients
- 1 cup of dry lentils
- 2 ½ cups water
- 1 medium green or red bell pepper
- 1 cup diced cucumber
- ½ cup diced red onion
- 3 (5oz) cans of salmon
- For the dressing:
  - 1/3 cup lemon juice
  - 2 ½ Tablespoons dried dill (or other favorite herb)
  - 2 teaspoons Dijon mustard
  - Black pepper to taste
  - 1/3 cup canola oil or olive oil

Optional ingredient:
- 6 whole wheat pitas cut in half

Preparation Instructions
1. Rinse dry lentils in a strainer under running water. Place lentils and water in microwave safe dish. Cook on high for 20 minutes.
2. While lentils are cooking, dice the bell peppers, cucumber and red onion.
3. Drain the canned salmon. Flake with a fork.
4. Prepare the dressing: In a large bowl mix lemon juice, dill, mustard and black pepper. Slowly mix in the oil to combine.
5. Add the cooked lentils, bell pepper, cucumber, onion and salmon to the bowl with the dressing. Mix to combine.
6. If desired, serve with whole wheat pita bread

Nutrition Analysis
Per Serving: 340 calories; 19g fat (2g saturated, 0g trans); 45mg cholesterol; 350mg sodium; 24g carbohydrate (7g dietary fiber; 2g sugar); 23g protein. Vitamin A 2%, Vitamin C 35%, Calcium 15%, Iron 15% Daily Value.

Cost
Per serving: $1.22