Rice and Lentil Salad

The lentil is a staple food throughout the Middle East. Lentils provide protein and can be substituted for meat.

Servings: 6
Prep time: 50 minutes

Ingredients
2 cups water
1 14-1/2 ounce can vegetable broth
1/2 cup brown lentils
1 cup basmati or long-grain rice
1/2 tsp salt
1 large green bell pepper, seeded and chopped
2 large tomato, chopped
1 Tbsp capers, drained
3 Tbsp olive oil
2 Tbsp fresh lemon juice

Directions
1. In a 3-quart saucepan over high heat, heat water and vegetable broth to boiling.
2. Add lentils; cover and simmer 25 minutes. Add basmati rice and salt to simmering mixture. Cover and simmer 20 minutes longer or until rice and lentils are tender.
3. Remove from heat; stir in green pepper, tomatoes, capers, olive oil, and lemon juice. Toss to mix well. Serve warm, or refrigerate to serve cold later.

Helpful tip
Lentils come in many different colors such as red and green. Any color can be substituted in this recipe.

*Nutrition info per serving: Calories: kcal 290; Fat 11g; Sodium 430mg; Carb 39g; Fiber 8g; Protein 9g; Vit A 15%; Vit C 80%; Calcium 4%; Iron 15%* 
*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories*