




Speedy Curried Lentil Salad

With cinnamon

 15 minutes

INGREDIENTS

- 2 cans green lentils
- 2 red peppers, finely chopped
- 4-6 green onions, finely chopped
- 1 cup currants
- 1/3 cup vegetable oil
- 3 Tbsp apple cider vinegar
- 1 tsp dijon mustard
- 1 Tbsp lemon juice
- 2 tsp curry powder
- 1 tsp cumin
- 1 tsp cinnamon
- pinch of cloves
- 1/2 tsp salt
- Optional: 2 tsp honey
- 1/4 cup fresh mint or chopped cilantro

DIRECTIONS

1. Put the lentils (drained and rinsed) , peppers, onions, and currants in a bowl.
 2. Mix remaining ingredients to make dressing and pour over lentils.
- * Best if made day the day before serving

Nutrition Facts: 230 kcal, 9g fat1g st. 0g trans, 30mg sodium, 31g carbs, 9g fibre, 13g sugar, 9g protein , 34mg calcium, 33mg vitamin C, 3.6mg iron

Recipe modified by Sarah Sandham RD, from theeastcoastkitchen.com. June 2023.