

PREPARATION: 10 MINUTES | SERVINGS: 4

# LENTIL SALAD

## INGREDIENTS

2 tablespoons olive oil

1 tablespoon red wine vinegar

1 tablespoon honey

1 teaspoon cumin

black pepper

1 can (15oz) lentils,  
rinsed and drained

1 cup Lebanese cucumber,  
diced\*

1 cup celery, diced

¼ cup chopped fresh parsley

¼ cup chopped fresh mint

¼ cup pomegranate seeds

\* or English cucumber, seeds removed

## PREPARATION

- 1** In a small bowl, prepare the dressing by mixing olive oil, vinegar, honey, and cumin. Add pepper to taste.
- 2** In a larger bowl, combine lentils, cucumber, celery, parsley, and mint. Add the dressing and gently toss the salad. Garnish with pomegranate seeds before serving.

**TIPS:** You can prepare this salad in advance (up to 2 days). Add the dressing just before serving.

**For a portable version of this salad (like we used in the photo), use a mason jar: pour ¼ of the dressing into the jar, followed by ¼ of all other salad ingredients. Stir and enjoy!**



# LENTIL SALAD



## Nutrient Analysis

PER SERVING	
¼ of recipe	
<b>Renal/Diabetic Exchanges:</b>	
1 Protein + 1 Starch	
+ 1 Lower-Potassium Vegetable	
Calories	<b>158 Kcal</b>
Protein	<b>6 g</b>
Total Carbohydrate	<b>19 g</b>
Fiber	<b>6 g</b>
Sugars	<b>8 g</b>
Fat	<b>7 g</b>
Saturated	<b>1 g</b>
Cholesterol	<b>0 mg</b>
Sodium	<b>151 mg</b>
Potassium	<b>384 mg</b>
Phosphorus	<b>119 mg</b>
Calcium	<b>47 mg</b>

## Diet Types

- ✓ CKD Non-Dialysis    ✓ Dialysis/Diabetes
- ✓ Dialysis                ✓ Transplant

## NUTRITION CHECK ✓

# The many health benefits of lentils

Protein is an important part of your diet as it is needed for many different functions in your body. Both the type and amount of protein must be considered in a kidney-friendly diet. Research shows that increasing the amount of plant-based protein in the diet is beneficial to those with chronic kidney disease. Lentils are a plant-based protein. In addition to being high in protein, lentils are a good source of fiber and rich in minerals such as iron, zinc, potassium, and phosphorus. While lentils contain a significant amount of potassium and phosphorus, they can still be part of a kidney-friendly diet. Talk with your registered dietitian nutritionist about how much you should add to your diet to enjoy the health benefits of lentils while following a kidney-friendly diet.

Lentils are available in several varieties such as brown, green, and red, which are the varieties most commonly found at the grocery store. Dry lentils are easy to prepare, but when short on time, canned lentils are available for use. Lentils have a subtle, earthy taste and are easily flavored by different seasonings, making them easy to use in a variety of dishes and in most types of cuisine. You can serve lentils hot with rice, in tacos and soup, or cold on a salad.

Presented by



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