

Lentil & Chickpea Salad

10 ingredients · 30 minutes · 4 servings



Directions

1. In a pot, add the lentils and water. Bring to a boil then reduce the heat to a simmer and cook for 20 to 22 minutes or until they are tender.
2. Once the lentils are cooked, drain any excess water and rinse under cold water. Transfer them to a large bowl.
3. In a small jar, combine the oil, lemon juice, za'atar spice, salt, and pepper. Shake well to combine.
4. In the large bowl with the lentils, add the chickpeas, onion, sun dried tomatoes, and dressing. Toss well to combine. Top with parsley. Season with salt and pepper to taste. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, allow the salad to sit in the fridge overnight to marinate.

Serving Size

One serving is equal to approximately one cup.

More Flavor

Add additional herbs such as mint, and/or olives. Serve over a bed of greens or lettuce.

Additional Toppings

Feta, nuts, and/or seeds.

Ingredients

- 3/4 cup** Dry Green Lentils (rinsed)
- 2 1/2 cups** Water
- 1/3 cup** Extra Virgin Olive Oil
- 3 tbsps** Lemon Juice
- 1 1/4 tps** Za'atar Spice
- Sea Salt & Black Pepper (to taste)
- 2 1/2 cups** Chickpeas (from the can, drained and rinsed)
- 1/4 cup** Red Onion (diced)
- 1/2 cup** Sun Dried Tomatoes (drained and chopped)
- 1/4 cup** Parsley (finely chopped)

