

Mediterranean Lentil Salad

1 cup cooked lentils (green or brown)
1 tsp cumin
1 cup chopped fresh vegetables (cucumbers, cherry tomatoes, and red onions)
1/4 cup crumbled feta cheese (optional for a vegetarian option, omit for vegan)
1/4 cup fresh parsley or mint, chopped
2 tbsp olive oil
1 tbsp fresh lemon juice
1 tsp Dijon mustard
1 clove garlic, minced
1 tsp raw honey
Salt and black pepper to taste



Rinse lentils and boil them until tender but not mushy (15–20 minutes). Drain and let cool. Whisk together olive oil, lemon juice, Dijon mustard, garlic, salt, and pepper in a small bowl. Combine the lentils, vegetables, herbs, and feta cheese in a large bowl. Drizzle the dressing over the top and toss to combine. Garnish with additional herbs or a drizzle of olive oil. Serve immediately or chilled.