

# Summer Lentil Salad

This lentil salad is light and refreshing. You can eat it over greens, in a wrap or all by itself (its that good).

Prep:  
**10 minutes**

Cook:  
**20 minutes**

Ready In:  
**30 minutes**

Servings:  
**4**



## Ingredients

- 1 cup dry brown or green lentils
- 1 english cucumber, diced
- 15 cherry tomatoes, chopped in half
- 2 garlic cloves, minced
- 1/2 red onion, minced
- 1/2 cup fresh basil, chopped
- 1 lemon, juiced
- 1/2 tsp salt
- 1/2 tsp black pepper

## Instructions

- 1** First cook your lentils. If you have an instant pot combine lentils with 2 cups of water and cook on manual, sealed for 9 minutes. Let the pressure release naturally. On the stove top youll need to use 4 cups of water. Add the lentils and water to a pot. Bring the pot to a boil, reduce heat to a very low simmer, cover the pot with a lid and cook for 20-30 minutes or until tender but not mushy.
- 2** Once lentils are done drain and transfer to a large mixing bowl. Add in your lemon juice, minced garlic, basil, salt and pepper and toss. Then add in your cucumber and tomatoes. Let sit in the fridge for a few hours so the flavors can meld together. Then you can serve this over rice, a salad or in a wrap! It is a great way to add more healthy plant protein to your meals.
- 3** My favorite way to eat this is over a bed of greens that I massaged with avocado and a little hummus on top. I like to make a batch on Sundays to make lunches easy for when I'm too busy to cook :)