SPANISH · LUNCH · DINNER

Spanish Lentil Salad with Peppers and Sherry Vinaigrette

Ensalada de lentejas

15 min · Serves 4 · 245 kcal a serve · Video 6:17 · Spain on a Fork

Vegan · Gluten-free ingredients · No nuts listed

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About 11 g fibre and 12 g protein a serve, rich in folate and vitamin C and a good source of iron: rinsed canned lentils with crunchy peppers, carrot, red onion and corn in a sherry vinaigrette, with no cooking. For DASH, keep added salt to ⅛ tsp a serve.

Diet notes: Low saturated fat (1.3 g, 5% of the energy); DASH-friendly with less salt: up to ⅛ tsp a serve.

Ingredients 12 · SERVES 4

- [ ] 2 cans (14 oz each) cooked **lentils**, drained and rinsed (about 1 lb drained)
- [ ] ½ cup finely chopped **red onion** (1 small)
- [ ] ½ cup finely chopped **green bell pepper**
- [ ] ½ cup finely chopped **red bell pepper**
- [ ] ⅓ cup finely chopped **carrot**
- [ ] ⅓ cup **canned corn**, drained
- [ ] **Salt**: a pinch of sea salt and black pepper, to taste
- [ ] a generous 2 tbsp (2½ tbsp) extra **virgin olive oil**
- [ ] ½ tbsp (1½ tsp) **sherry vinegar**
- [ ] 1 **garlic** clove, finely grated
- [ ] 1 tbsp finely chopped **parsley**
- [ ] **Salt**: a little sea salt and black pepper (for the vinaigrette)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Drain the lentils in a strainer and rinse them well under cold running water to wash off the canning salt. Shake off the water and leave them to air-dry. 0:46
2. Finely dice the red onion, green and red bell peppers and carrot. 1:26
3. Whisk the olive oil, sherry vinegar, grated garlic, parsley and a little salt and pepper into a vinaigrette. 2:31
4. Pat the lentils dry if any water clings to them, then tip them into a large bowl with the chopped vegetables. 3:15
5. Drain the corn and add it, season with salt and plenty of pepper, pour over the vinaigrette and fold gently so the lentils stay whole. Serve at room temperature or chilled. 3:39

Tip Rinse canned lentils well: it washes off much of the salt from the can.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
245 kcal 1,020 kJ	12 g 25% of a day	32 g 20 g net · 5 g sugars 11% of a day

FIBRE	FAT	SODIUM
11 g 41% of a day	8.7 g 1.3 g saturated 11% of a day	790 mg 34% of a day

Energy from net carbs 39% · protein 23% · fat 38%

High in (20%+ of a day) Folate 60% · Vitamin C 49% · Iron 25% · Vitamin K 22% · Vitamin B6 21%

Source of (10–19%) Zinc 16% · Vitamin A 14% · Potassium 13% · Magnesium 12% · Vitamin E 11%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=iL7A7jmMAJA. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ensalada-de-lentejas-spanish-lentil-salad