



## Grilled Vegetable & Lentil Salad

1 serving

20 minutes

### Ingredients

1/2 Red Bell Pepper (cored and sliced)  
40 grams Red Onion (coarsely chopped)  
1/2 Zucchini (sliced into rounds)  
1 Eggplant (Thinly sliced)  
4 milliliters Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
9 grams Cashews  
1/4 Lemon (juiced)  
5 grams Tamari  
15 grams Parsley  
7 milliliters Water  
4 milliliters Red Wine Vinegar  
57 grams Mixed Greens  
99 grams Lentils (cooked, drained and rinsed)

### Nutrition

Amount per serving	
Calories	409
Fat	10g
Saturated	2g
Carbs	70g
Fiber	29g
Sugar	29g
Protein	20g
Cholesterol	0mg
Sodium	348mg
Potassium	2402mg
Vitamin A	3458IU

### Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and eggplant to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing. Toss well before serving. Enjoy!

### Notes

**No Lentils:** Use chickpeas or black beans instead.

**Vegan:** Omit the cheese and top with toasted cashews instead.

**Save Time:** Chop all vegetables in advance and store in the fridge until ready to grill.

**Leftovers:** Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.



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Vitamin C	142mg
Calcium	165mg
Iron	8mg
Vitamin D	0IU
Vitamin E	4mg
Vitamin K	279µg
Thiamine	0.5mg
Riboflavin	0.5mg
Niacin	6mg
Vitamin B6	1.1mg
Folate	391µg
Vitamin B12	0µg
Phosphorous	435mg
Magnesium	175mg
Zinc	3mg
Selenium	6µg