the center
For Naturopathic Medicine & Functional Nutrition



Warm Carrot Lentil Salad

Prep time	Total time	Meal type	Servings
-	-	Lunch, Dinner, Side	4

Vegetables

Ingredients

- 8 carrots, *peeled and sliced on an angle*
- 1 medium sweet onion, *chopped*
- 1 Tablespoon olive oil
- 6 scallions, *green tops only, chopped*
- 2 cups lentils, canned, *drained and rinsed*
- 1 cucumber, large
- 1/4 cup pepitas, raw (pumpkin seeds)
- 1 Cup parsley, *chopped*
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1.
2.

Make

1.
2.
3.

Simple Dressing

Ingredients

- 3 Tablespoons red wine vinegar
- 1/4 Cup olive oil
- 1 Teaspoon Dijon mustard
- salt, *to taste*
- pepper, *to taste*

Directions

Make

1.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 381

	% Daily Value*
Total Fat 21g	**27%**
Saturated Fat 3g	**16%**
Trans Fat 0g	
Cholesterol N/A	**0%**
Sodium 136mg	**6%**
Total Carbohydrates 37g	**13%**
Dietary Fiber 13g	**47%**
Total Sugars 9g	
Protein 14g	
Vitamin D N/A	0%
Calcium 111mg	9%
Iron 6mg	32%

Source Living Plate

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value.
Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only