

Green Bean & Lentil Protein Plate

Ingredients

- 1 cup green beans, trimmed
- 1½ cups cooked green or brown lentils
- 1 small garlic clove, minced
- 1 tbsp extra virgin olive oil
- 1 tbsp lemon juice (or apple cider vinegar)
- Salt and black pepper to taste
- Optional: cherry tomatoes, chopped parsley, or sesame seeds for garnish

Instructions

1. Blanch the green beans in boiling water for 3–4 minutes until tender-crisp. Drain and set aside.
2. In a large bowl, mix the cooked lentils, olive oil, lemon juice, and minced garlic.
3. Add the green beans and gently toss everything together.
4. Season with salt and black pepper.
5. Serve warm or cold. Garnish with cherry tomatoes or parsley if desired.

Benefits

- High in plant-based protein and fiber
- Supports digestive health
- Rich in iron, magnesium, and antioxidants

- Great for energy and muscle repair
- Low-glycemic and diabetic-friendly