

Lentil Niçoise Salad

Ingredients

- 1/2 cup cooked French green lentils
- 1/2 cup steamed asparagus
- 1/4 cup halved baby potatoes
- 1/4 cup cherry tomatoes
- 2 tbsp black olives
- 1 tbsp chopped shallots
- 1 tsp capers
- Lemon vinaigrette (lemon juice, olive oil, mustard)

Instructions

1. Combine lentils, asparagus, potatoes, tomatoes, olives, and shallots in a bowl.
2. Whisk dressing ingredients and pour over salad.
3. Toss well and serve.

Benefits

High in protein, supports digestion and blood sugar balance.