

Tomato & Orange Lentil Salad

Ingredients

- 1 cup cooked red lentils (cooled)
- 1 large tomato, diced
- 1 orange, peeled and segmented
- ¼ red onion, finely sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and black pepper to taste
- Fresh parsley or cilantro for garnish

Instructions

1. Cook lentils until soft but not mushy, then let them cool.
2. Dice the tomato and slice the onion. Peel and cut the orange into small segments.
3. In a bowl, combine lentils, tomato, orange pieces, and onion.
4. Drizzle with olive oil and lemon juice. Season with salt and pepper.
5. Toss gently and top with fresh parsley.

Benefits

- Lentils give fiber and plant protein, balancing blood sugar and reducing acne flare-ups.
- Tomato is rich in lycopene, an antioxidant that helps fight skin aging.
- Orange provides vitamin C, boosting collagen production and firmness.
- Olive oil adds healthy fats for skin elasticity.