



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Black Lentil Salad with Mango and Avocado

This healthy, protein-packed salad featuring lentils, peppery arugula, sliced mango and avocado is the perfect choice for an easy summer meal.

INGREDIENTS

SALAD

- 1 cup black lentils
- 4 cups water
- 4 cups arugula
- 1 sliced champagne mango
- ¼ thinly sliced red onion
- 1 sliced avocado

DRESSING

- ⅓ cup extra virgin olive oil
- ¼ cup lemon juice
- 2 minced garlic cloves
- 2 tsp dijon mustard
- ½ tsp sea salt
- ½ tsp black pepper
- 3 tbsp chopped fresh parsley

INSTRUCTIONS

1. Prepare the black lentils. Add lentils and water to a stockpot over medium heat.
2. Simmer for 20-22 minutes, or until fork tender. Drain and set aside.
3. Prepare dressing. Add all dressing ingredients to a small bowl and whisk until smooth and creamy.
4. Assemble the salad by tossing together cooked and drained lentils, arugula, and dressing. Add avocado and mango and toss once more. Serve!



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