



## Spring Salad

4 servings

15 minutes

### Ingredients

- 2 cups Green Lentils (cooked, drained and rinsed)
- 3 cups Snap Peas (Sugar Snaps, washed)
- 1 cup Frozen Peas (thawed)
- 2 cups Baby Spinach (chopped)
- 2 cans Tuna (drained and flaked)
- 3 tbsps Red Wine Vinegar
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Dijon Mustard
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

### Nutrition

Amount per serving	
Calories	284
Fat	5g
Carbs	32g
Fiber	12g
Sugar	6g
Protein	29g
Vitamin C	19mg
Calcium	87mg
Iron	7mg
Vitamin D	39IU
Folate	260µg
Vitamin B12	2.1µg
Magnesium	95mg
Zinc	2mg

### Directions

- 1 Combine lentils, snap peas, green peas, spinach and flaked tuna together in a large mixing bowl.
- 2 In a small jar, combine vinegar, olive oil, mustard, salt and pepper. Put lid on and shake well. Pour dressing over salad and toss well. Divide into bowls and enjoy!

### Notes

**Storage:** Store in the fridge in an airtight container up to 3 days.

**No Tuna:** Use diced chicken breast instead.

**Vegetarian and Vegan:** Skip the tuna and add extra lentils.