

# SELF Magazine Lentil, Beet and Goat Cheese Salad

\*Instead of the dressing in the recipe below, use the Strawberry Spinach Salad Dressing Recipe found here in on this website in the Side Dishes Section.

\*\*Also, warm up the goat cheese for about 10 sec in the microwave then add to salad.



## LUNCH

### Lentil, Beet and Goat Cheese Salad

SF: LENTILS, OLIVE OIL

In a bowl, top 2 cups salad greens with  $\frac{2}{3}$  cup boiled lentils,  $\frac{1}{2}$  cup chopped steamed beets,  $\frac{1}{2}$  cup sliced cucumber, 1 oz crumbled goat cheese. In another bowl, combine 1 tbsp balsamic vinegar, 2 tsp olive oil; season with sea salt, black pepper, garlic powder; toss with salad. Serve with 8 strawberries.

450 Calories