

## Lemony Lentil-Rice Salad with Hazelnuts

# EASY | RECIPE

3 tbsp **hazelnut** halves  
1 tbsp **olive oil**  
1 medium **carrot**, diced  
1 tbsp finely chopped  
**shallots**  
1½ cups cooked **lentils**  
*(see cooking tip)*  
1½ cups cooked **brown rice**  
3 tbsp fresh **lemon juice**  
1 tbsp fresh **thyme**,  
chopped (or ½ tsp dried)

- 1.** Toast hazelnuts in a hot, dry skillet about 2 minutes; watch closely to prevent burning. Remove and cool on a paper towel.
- 2.** In same skillet, heat oil over medium heat; sauté carrot and shallots 2-3 minutes. Gently combine skillet mixture in a large bowl with lentils and rice.
- 3.** Stir in lemon juice, thyme and nuts. Serve on a bed of greens with grape tomatoes.

**Toppers:** Try a small scoop of non-fat plain yogurt or crumbled goat cheese.



### MAKES 4 SERVINGS.

231 calories | 9.2g protein | 6.8g total fat | 1.0g sat fat | 4.9g mono fat | 2.6g poly fat  
| 0.0mg cholesterol | 34.8g carbohydrate | 2.4g sugar | 7.9g fiber | 2mg sodium