

Roasted Lentils, Pesto, Tomato, Mozzarella Salad

| Ingredients | Gram |
|--------------------------|-------|
| Fresh basil leaves | 134.0 |
| Grated parmesan cheese | 11.1 |
| Extra virgin olive oil | 20.6 |
| roasted lentil | 16.3 |
| garlic | 1.9 |
| lemon juice | 2.8 |
| red wine vinegar | 3.3 |
| Tomato | 527 |
| mozzarella cheese | 78 |
| chickpea | 75 |
| Thinly chopped red onion | 5 |
| Pesto | 190 |
| Roasted lentil | 75 |

Nutrition Facts

| | |
|--|----------------------------|
| Serving Size (71g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 110 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 770mg | 32% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 5g | 20% |
| Sugars 4g | |
| Protein 6g | |
| Vitamin A 2% | Vitamin C 0% |
| Calcium 0% | Iron 10% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| Calories: 2,000 2,500 | |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Procedure

To roast lentil: Soak for 1 hour. Drain water. Roast at 360F for 18 mins.

To make pesto sauce: Combine and mix fresh basil, cheese, olive oil, lentil, garlic, lemon Lay tomato, mozzarella cheese, and chickpea on a plate. Add pesto sauce on the plate. Sprinkle with charlotte and roasted lentil.



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