

Lentil, Bacon and Feta Salad

Makes: Servings 8

Ingredients

- 1 tablespoon olive oil
- 1 medium onion thinly sliced
- 2 teaspoons dried rosemary
- 80g diced bacon
- 2 garlic cloves, crushed
- 700g brown lentils cooked and drained. (2x 400g tins) or dried lentils (Follow cooking instructions on packet).
- 2 tablespoons balsamic vinegar
- 250g baby leaf spinach
- 50g reduced-fat feta cheese, crumbled



Instructions

Heat oil in a fry pan over a medium-high heat and add the onion and rosemary. Cook for 5 minutes, then add garlic and bacon. Cook, stirring for 5 minutes until the bacon cooked, add lentils and toss for 3-4 minutes to heat through. Now add the spinach and stir until the spinach has wilted, pour the balsamic vinegar.

Transfer to a bowl, season with pepper and sprinkle with feta.

Can be served warm or cold.

Nutrition information:

Each Serving:

Kcal	163
Fat	4g
Net Carbs	12.9g
Protein	12.8g