

Lentil Confetti Salad - Elaine Snively

Bring to a boil and simmer 20 minutes

1/2 cup lentils, dried

1 1/2 cups water

Add

1 cup of cooked rice

1/4 cup chopped green onions

1/4 cup chopped celery

1/4 cup chopped green peppers

Pour on while still hot

1/2 cup non-fat Italian dressing

Add

2 tbs parsley

pepper to taste

1/2 cup chopped tomatoes

Refrigerate a few hours

Serve plain, over lettuce, or in pita bread.

No fat, no cholesterol.

I usually triple the recipe so there are leftovers.