



## Spring Lentil Salad

**Yields: 4 servings**

### **Ingredients:**

- 1 cup red lentils
- 1 tbsp coconut oil
- 2 bunches asparagus
- 2 cups snap peas
- 2 small zucchinis
- 4 green onions
- fresh mint and parsley
- 1 avocado
- 1 lemon, juiced
- sea salt and ground black pepper
- Garnish options: Sunflower Seeds, Sesame seeds

### **Directions:**

1. Cook the lentils in boiling water until just tender (20 minutes). Drain and set aside.
2. Chop the asparagus in 2" pieces (discard the woody ends), chop the zucchini into small diced size pieces and finely chop the onion.
3. Heat the coconut oil in a skillet and add the asparagus, zucchini, onion and snap peas. Season the vegetables with a pinch of sea salt and freshly ground black pepper. Cook only for a couple of minutes, then remove from the heat.
4. Add the cooked lentils to the vegetables and mix in the lemon juice. Add chopped avocado and finely minced fresh herbs. Garnish with sunflower or sesame seeds.