

Easy Lentil Tomato Feta Salad

I do love to cook, but not every day! I like meal assembly, essentially throwing components together to make a quick meal several nights a week. Adding in fresh components to store-bought ready-made food allows me more time to spend time with family, relax, exercise or garden! For this dish, in winter, I use fresh greens and herbs like [parsley](#) from my garden. In summer I add whichever tomatoes we are harvesting. This meal is great to bring to a [dinner party](#) because it's so fast and easy to make. This also a gluten free meal.

Ingredients:

- 1 pound of vacuum packed cooked lentils (packaged as Melissa's Produce as most grocery stores or sold at Trader Joes in the refrigerated section)
- Bruschetta, I recommend buying it from the refrigerated section, but glass jar bruschetta will work too
- Cherry Tomatoes (halved)
- Feta
- Fresh Parsley
- Optional greens (celery, romaine, [kale](#), swiss chard)

Directions

1. Empty lentils into large bowl and break apart using a couple of spoons
2. Wash and halve cherry tomatoes, add to bowl
3. Mix in Feta and bruschetta
4. Wash and chop parsley -or use kitchen scissors to cut into bowl
5. Serve as is or over chopped celery and romaine or over cooked kale or [swiss chard](#)



Makes 6 Servings

Cal: 384, Fat: 11.5g, Protein: 21g, Carbohydrate: 49g, Sodium: 144mg, Potassium: 908mg