
LENTIL AND CRUSHED WHEAT SALAD



INGREDIENTS

3/4 cup crushed pearl wheat
1 tsp. garlic & herb seasoning
1 cup pink lentils
2 cups water
2 1/2 tbsp. vegetable stock powder
1 bunch spring onions, finely sliced with green tops
1/2 cup chopped mint
1/2 cup chopped parsley
1/2 cup danish feta, cut into tiny blocks
1/2 cup low fat greek dressing

PREPARATION

Pour 2 cups of boiling water over the wheat to cover, stir in the vegetable stock powder and leave to stand for an hour. Loosen with a fork. Season with garlic & herb seasoning.

Microwave the lentils in water to which you have added the vegetable stock for 5 minutes on 100% power. Leave to cool. Drain before use.

Toss prepared wheat and lentils with sliced spring onions, mint, parsley and feta. Dress with the low fat dressing of your choice.

