



(Marvin Joseph/The Washington Post)

🕒 50 mins 🍲 Main

Quick Lentil Salmon Salad

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By Ann Maloney

This healthful salad gets its ease from canned salmon. Once the lentils are cooked until tender and cooled, the rest of the ingredients come together in just minutes, including a flavorful vinaigrette.

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Make ahead: The lentils can be made refrigerated up to 4 days in advance.

Storage: Refrigerate for up to 3 days.

Adapted from CookingLight.com

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Ingredients

 Servings: 4

For the lentils

- 1 cup (7 ounces) brown lentils
- 1/2 cup chopped red onion
- 1 bay leaf
- 1/2 teaspoon dried oregano

For the dressing

- 2 cloves garlic, grated or minced (about 2 teaspoons)
- 1/4 teaspoon fine salt, plus more to taste
- 1/4 cup extra-virgin olive oil
- 3 tablespoons red wine vinegar
- 3/4 teaspoon dried thyme
- 1/4 teaspoon sweet paprika
- 1/2 teaspoon ground pepper, plus more to taste

For the salad

- 15 ounces canned salmon, drained, or 15-ounce cooked salmon fillet
- 1/4 cup thinly sliced red onion
- 1 cup diced carrot (about 1 large carrot)
- 4 lemon wedges, for serving (optional)

Directions

 Active: 30 mins | Total: 50 mins

Step 1

Make the lentils: In a medium saucepan, combine the lentils, onion, bay leaf and oregano. Add enough water to cover the lentils by a scant 1 inch and bring to a boil over high heat. Reduce the heat to low and simmer until the lentils are just tender, 10 to 12 minutes. Drain well and spread the lentils on a large flat platter or

1 Garlic Butter Baked Cod

2 Peach-Cherry Cobbler With Biscuit Topping

3 Tomato Bruschetta

4 Blackberry-Elderflower Sangria

5 Gribiche

rimmed baking sheet. Let cool for about 10 minutes.

Step 2

Make the dressing: While the lentils are cooking, mash the garlic and salt into a paste with the side of a chef's knife (or a fork). In a medium bowl, whisk together the oil, vinegar, mashed garlic, thyme, paprika and pepper. Taste, and season with more salt and/or pepper as desired.

Step 3

Assemble the salad: Remove any skin and/or bones from salmon, if necessary, transfer it to a large bowl and flake into pieces. Add the sliced onion, carrot and 3 tablespoons of the dressing, and gently toss to coat.

Step 4

Add the lentils to the remaining dressing; gently stir to combine.

Step 5

Divide the lentils among 4 bowls and top with the salmon salad. Serve chilled or at room temperature, with lemon wedges.

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Nutritional Facts

Per serving

Calories	Carbohydrates	Cholesterol	Fat
456	32 g	65 mg	20 g
Fiber	Protein	Saturated Fat	Sodium
14 g	38 g	3 g	201 mg
Sugar			

This analysis is an estimate based on available ingredients and this preparation. It should not substitute for a dietitian's or nutritionist's advice.

Adapted from CookingLight.com

Tested by Ann Malone.

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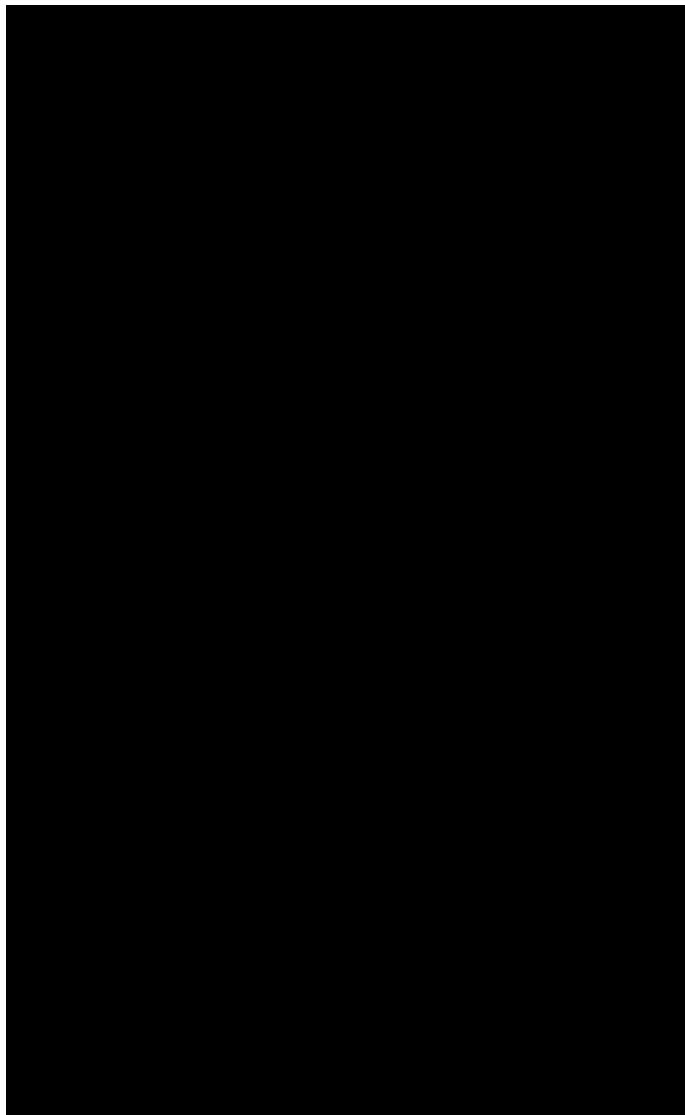
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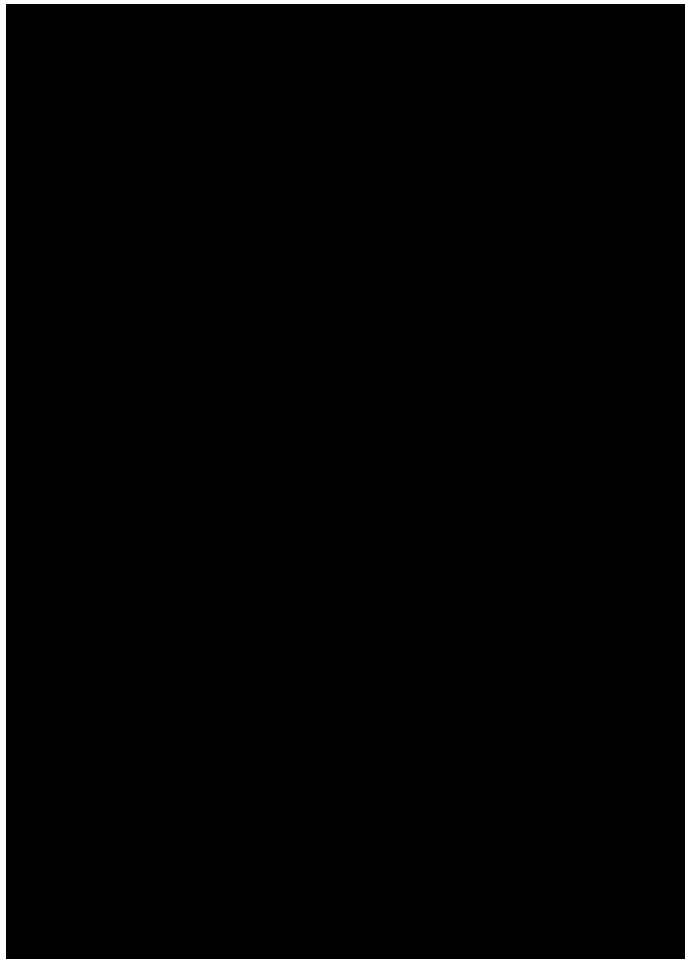


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