



Lentil Salad with Tomatoes and Fromage Blanc

“Cheese Please”

Yield: 6 servings

Serving Size: 1/2 cup

Ingredients:

- 1 cup lentils
- 2 Tablespoons red wine vinegar
- 1 shallot, chopped
- 1 Tablespoon Dijon mustard
- 1/4 cup olive oil
- 1 1/4 cups diced peeled cucumber
- 2/3 cup seeded plum tomatoes
- 1/2 cup finely chopped red onion
- 2 Tablespoons fresh dill
- 2 Tablespoons chopped fresh parsley
- 1 large clove garlic, minced
- 5 ounces Nettle Meadow fromage blanc cheese

Directions:

Cook lentils, cool and mix remainder of ingredients except cheese. Add fromage blanc last. Sprinkle with dill as a garnish.

(Each serving: 244 calories, 9.6 grams fat, 1.3 saturated fat, 0 grams trans fat, 105 mg cholesterol, 136 mg sodium, 25.6 grams carbohydrates, 10.7 grams fiber, 4.4 grams sugar, 14.2 grams protein)

Source: Nettle Meadow Goat Farm and Cheese Company