



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Lemony Lentil Salad With Salmon

Prep Time: 15 mins

Total Time: 15 mins

Ingredients

- 1/3 cup(s) lemon juice
- 1/3 cup(s) dill weed, fresh, chopped
- 2 teaspoon mustard, Dijon
- 1/4 teaspoon salt, or to taste
- pepper, black ground, ot taste
- 1/3 cup(s) oil, olive, extra virgin
- 1 medium pepper(s), red, bell, seeded and diced
- 1 cup(s) cucumber(s), diced, seedless
- 1/2 cup(s) onion(s), red, finely chopped
- 3 cup(s) lentils, brown, or green, or 30 ounces canned lentils, rinsed
- 14 ounce(s) fish, salmon, canned, drained and flaked, or 1 1/2 cups flaked cooked salmon

Preparation

1. Whisk lemon juice, dill, mustard, salt and pepper in a large bowl. Gradually whisk in oil.
2. Add bell pepper, cucumber, onion, lentils and salmon; toss to coat.