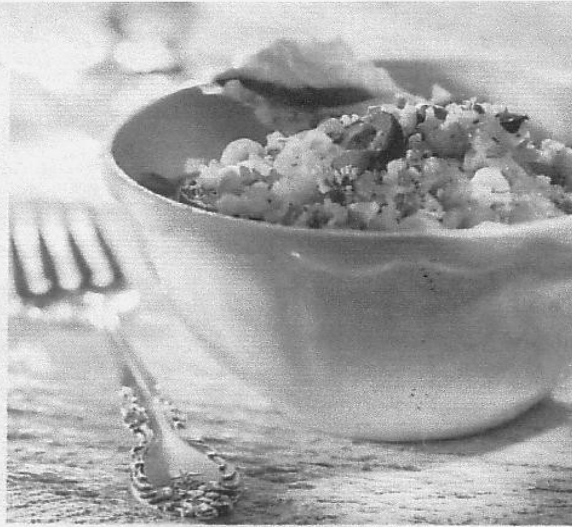


**PRIZE
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*Jennifer G. Sweemer,
Cincinnati, Ohio,
in the Summer
Salads category.
June 1996*



Greek Lentil Salad

Classic Greek flavors—feta, lemon, olive oil, and basil—embellish this high-fiber combo.

- | | |
|---------------------------------|--------------------------------|
| 3 cups water | 2 Tbsp. snipped fresh basil or |
| ½ cup dry lentils | 1 tsp. dried basil, crushed |
| ½ cup bulgur | 2 Tbsp. olive oil or salad oil |
| ½ cup sliced pitted ripe olives | 2 Tbsp. lemon juice |
| ½ cup snipped parsley | ½ to 1 tsp. coarsely ground |
| ½ cup crumbled feta cheese | black pepper |
| ¼ cup sliced green onion | ¼ tsp. salt |
| ¼ cup sliced pepperoncini | ¼ tsp. onion powder |
| salad peppers | ¼ tsp. garlic powder |
| | Leaf lettuce (optional) |

In a medium saucepan combine water and lentils. Bring to boiling; reduce heat. Cover and simmer for 10 minutes. Add bulgur; simmer for 12 to 15 minutes more or till just tender. Drain. Rinse with cold water.

In a large mixing bowl combine lentil mixture, olives, parsley, feta cheese, green onion, pepperoncini, and basil. Set aside.

For dressing, in a small bowl combine oil, lemon juice, pepper, salt, onion powder, and garlic powder. Add dressing to lentil mixture; gently toss to coat. Cover and chill for at least 2 hours. If desired, garnish with lettuce. Makes 6 side-dish servings.

Nutrition facts per serving: 234 cal., 13 g total fat (4 g sat. fat), 19 mg chol., 735 mg sodium, 21 g carbo., 3 g fiber, and 9 g pro. Daily Values: 6% vit. A, 17% vit. C, 11% calcium, and 17% iron.

Photographs: Scott Little
Buying information, page 240.