

# Mediterranean Lentil Salad

Courtesy of: [www.thebetterhomelife.com](http://www.thebetterhomelife.com)

## Ingredients:

- 1 cup Brown lentils
- 1 cup bulgur
- 2/3 cup minced sun dried tomatoes
- 1 small shallot, finely minced
- 4-5 green onions finely sliced (both whites and greens)
- 3/4 Cup minced fresh parsley
- 1/2 cup olive oil
- Juice of one lemon
- 2 Tablespoons ground sumac
- 2 Tablespoons cumin
- 2 tablespoons tomato powder

## Instructions:

Start by cooking the bulgur and lentils according to package directions. Chill the lentils and bulgur in a bowl in the refrigerator while you prepare the other ingredients. Once chilled, add the tomatoes, shallot, green onions, and parsley to the bowl and mix. Add the olive oil and lemon juice and mix well. Finally add the sumac, cumin and tomato powder. Mix until well incorporated. Chill for at least 1 hour before serving. If your salad is too dry add additional olive oil and lemon juice to taste.