

# Azifa (Spicy Lentil Salad) FIT

**Serving size: 1/2 cup**

**Makes 14 servings**

- 1 lb Yellow Lentils, dry
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup White Balsamic Vinegar
- 1 tsp Salt
- 1/4 cup Lemon Juice
- 1 cup Red Onion, finely chopped
- 1/2 cup Chili Peppers, diced (canned, drained)
- 1/3 cup Basil, fresh, chopped
- 2 TBSP Parsley, fresh, chopped
- 1/2 tsp Garlic, minced

## Preparation:

1. Bring water to boil in a pot. Stir in lentils and reduce to a simmer. Cook until tender, usually about 12 minutes. Once finished cooking, drain lentils and set aside. Allow to chill completely.
2. For the dressing: In a bowl, stir together olive oil, white balsamic vinegar, salt, and lemon juice.
3. In a separate bowl, toss together lentils, onions, chili peppers, basil, parsley, and garlic. Toss with dressing.

NOTE: Apple cider vinegar can be substituted for white balsamic vinegar.



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## NUTRITION FACTS PER SERVING

calories	125
total fat (g)	5
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	155
total carbohydrate (g)	14
dietary fiber (g)	5
sugar (g)	2
protein (g)	6