

GREEK LENTIL POWER BOWL



INGREDIENTS

1 cup dry brown lentils
2 cup water
1/4 cup non-fat plain Greek yogurt
1 tablespoon fresh chopped dill
1 tablespoon fresh lemon juice
1 teaspoon honey
1/2 cup sliced cucumber
1/2 cup halved cherry tomatoes
1/4 cup diced red onion
1/2 cup chickpeas, washed and drained
1/4 cup crumbled feta
Salt and pepper to taste

DIRECTIONS

Combine the lentils, water and salt in a pot, and bring to a boil. Once boiling, cover and reduce the heat to low. Simmer for 40 minutes or until the water is absorbed.

While the lentils cook, combine the yogurt, dill, lemon juice and honey in a small bowl. Stir with a spoon, and set aside.

When the lentils are cooked, place them in a large bowl. Top with cucumber, tomatoes, red onion, chickpeas, feta and yogurt dressing. Season with salt and pepper.



Wisconsin Athletic Club

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