

# Lentil Salad with Grilled Vegetables and Feta Spread

From – *Giant's Savory Magazine*

1 cup lentils  
6 oz green beans  
½ cup jarred roasted red peppers, sliced  
1 small eggplant, cut into ¼ inch slices  
1 large zucchini, cut into ¼ inch slices  
cooking spray  
¾ oz fresh mint  
½ cup parsley  
¼ cup olive oil  
2 Tbsp balsamic vinegar  
4 oz crumbled feta cheese  
½ cup part skim ricotta cheese

- Preheat broiler to high.
- Rinse the lentils and place in a saucepan with 2 cups water. Cook uncovered at a bare simmer for 20 minutes.
- Raise heat add green beans, cover and cook 5 minutes or until beans are crisp tender and lentils are cooked but not mushy. Drain.
- While lentils and beans are cooking, spray a baking sheet with cooking spray.
- Working in batches, place eggplant and zucchini slices on baking sheet and spray with cooking spray.
- Broil for 3 minutes flipping halfway through. Repeat for all vegetables.
- In a serving bowl combine: lentils, beans, peppers, eggplant, zucchini, half the mint leaves, and parsley.
- Sprinkle with olive oil and vinegar.
- Salt and pepper to taste.
- Toss to combine.
- To make the feta spread, put the remaining mint in a food processor with the feta, ricotta, and 2 Tbsp water. Puree until smooth. Spoon over the salad or serve separately with bread.



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