

Lentil Quinoa and Mung Bean Salad

Jacob · 30/09/2024



Prep Time

9 hrs

Difficult

Medium

Servings

9 hrs 55 mins

Description

Packed with fiber protein and potassium and lightly dressed with fresh lemon juice and olive oil This is a family favorite that is always requested for cookouts I sometimes add a little honey as the acid in lemons can vary depending on the lemon that is used Top each serving with a little feta if desired

Ingredients

- - ½ cup dried green mung beans - 4 cups water
- plus more for soaking - ½ cup green lentils
- rinsed - 1 bay leaf - 1 cup quinoa
- rinsed - 2 tablespoons freshly squeezed lemon juice - 1 tablespoon lemon zest - 1 tablespoon distilled white vinegar - 1 teaspoon honey (Optional) - 1 teaspoon salt - ground black pepper to taste - ? cup light olive oil - ½ English cucumber
- diced - 1 Roma tomato
- diced - ½ red bell pepper
- cut into 1/2-inch pieces - ½ cup chopped green onions - ½ cup chopped fresh parsley

Instructions

1. Place mung beans into a large container and cover with several inches of cool water; let soak
2. 8 hours to overnight. Bring 2 cups salted water to a boil in a medium pot. Add lentils and bay leaf
3. cover
4. and simmer over low heat for 18 to 20 minutes. Drain and set aside to cool. Meanwhile
5. drain mung beans. Bring 2 cups salted water to a boil in a small pot. Add mung beans
6. cover
7. and simmer over low heat for 20 to 25 minutes. Drain and set aside to cool. Bring 2 cups salted water and quinoa to a boil in a medium pot. Reduce heat and simmer
8. uncovered
9. until all water has been absorbed
10. 15 to 20 minutes. Remove from heat
11. cover
12. and let steam for 5 minutes. Set aside to cool. Place lemon juice
13. zest
14. vinegar
15. honey
16. salt
17. and pepper in the bottom of a large bowl. Drizzle in oil
18. whisking constantly until dressing is smooth. Add cooled lentils
19. mung beans
20. and quinoa; stir to combine. Add cucumber
21. tomato
22. bell pepper
23. green onions
24. and parsley; stir to incorporate. Refrigerate until cool
25. about 1 hour. Taste and adjust salt
26. if necessary.