

Tasty Family Holiday Lentil Salad.

Holidays are a time for family and fun! Enjoy this healthy, hassle-free lentil salad at your holiday gathering or pack it up for a sunny day at the beach. It's packed with ingredients that not only taste delicious but may also help reduce cancer risk.

Ingredients:

- 200g cooked Imbo lentils
- 150g cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/2 an orange pepper diced
- 1/4 red onion, finely chopped
- 100g fresh spinach leaves
- A handful of fresh parsley, chopped
- 60ml lemon juice
- 2 tbsp olive oil or B-Well Canola seed oil
- Salt and pepper to taste
- Sprouts (Optional)
- Pomegranate seeds (Optional)



Instructions:

1. Prepare the Base: In a large mixing bowl, add the cooked lentils, cherry tomatoes, cucumber, red onion, spinach leaves, orange pepper and parsley.
2. Dress the Salad: In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper. Pour the dressing over the salad and toss until everything is well combined.
3. Serve: Garnish with extra parsley, sprouts & pomegranate seeds if desired and enjoy!

This salad can be served immediately or stored in the refrigerator for up to 3 days.

Why This is Great for Cancer Risk Reduction:

1. Lentils provide loads of gut-healthy fibre, and may lower cancer risk
2. Tomatoes contain lycopene, an antioxidant linked to reduced cancer risks.
3. Spinach and parsley are packed with antioxidants that help reduce cellular damage.
4. Lemon juice is high in vitamin C, supporting immunity and cellular repair.

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Always seek the advice of a physician or other qualified healthcare provider with any questions regarding a medical condition or diet.

