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Serves 6

Ingredients

- 1 x 450g can whole baby beetroot
- 1 x 400g can lentils
- 2 spring onions
- 50g wild rocket leaves
- 2 teaspoons extra virgin olive oil
- 1 teaspoon red wine vinegar
- ¼ cup crumbled reduced fat feta cheese



Method

1. Drain beetroot. Drain and rinse lentils.
2. Finely slice spring onions.
3. Cut any larger beetroot in half and combine with lentils and spring onions in a bowl.
4. Add the rocket and drizzle with combined oil and vinegar. Gently toss to coat.
5. Transfer salad to a serving platter, scatter with feta and a grinding of pepper.

Recipe and image courtesy of Dairy Australia.

NUTRITION INFORMATION		
Servings per recipe: 6		
Average serving size: 163g		
	Per serve	Per 100g
Kilojoules (kJ)	495	305
Protein (g)	7.2	4.4
Total fat (g)	2.8	1.7
- Saturated fat (g)	1.2	0.8
Carbohydrates (g)	13.6	8.4
- Sugars (g)	7.3	4.5
Fibre (g)	5.4	3.3
Sodium (mg)	277	170

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.