

# LENTIL SALAD



## INGREDIENTS

1 container *Trader Joe's Bruschetta (oil skimmed off)*

1 box [Melissa's Steamed Lentils](#)

2 bags [Trader Joe's Frozen Rice Medley](#)\* OR Frozen Organic Brown Rice

*\*Trader Joe's Frozen Rice Medley contains barley which is not gluten free*

Cook the frozen rice by placing it in a glass bowl (NOT in the plastic as the directions suggest) and microwaving for 3-4 minutes.

Mix together the rice, lentils, and bruschetta (including all of the juice).

Cut the top off of a bell pepper and remove the seeds. Spoon the lentil salad into the prepared bell pepper and enjoy!