

Bean & Lentil Pasta Salad with Cumin-Lemon Dressing



A HEALTHIER COMMUNITY
Health Promotion & Disease Prevention Directorate



GOVERNMENT OF MALTA
OFFICE OF THE DEPUTY PRIME MINISTER
MINISTRY FOR HEALTH



Health Promotion & Disease
Prevention Directorate

Bean & Lentil Pasta Salad with Cumin-Lemon Dressing

Serves 1

Ingredients

50g uncooked green/brown lentils
50g can black beans, rinsed thoroughly
1 red onion, finely chopped
1 yellow bell pepper chopped into small pieces
6 cherry tomatoes halved
1 handful of parsley
1 tsp extra virgin olive oil
160g cooked wholegrain farfalle

For the dressing

1 tbsp lemon juice
½ tsp Dijon mustard
1 clove garlic
½ tsp ground cumin
Pinch of dried thyme
Freshly ground black pepper

Method

1. Cook the lentils until tender not mushy and drain well
2. In a small bowl, mix all the dressing ingredients and set aside.
3. In a large bowl place the black beans, cooked lentils, bell pepper, onion, tomatoes, and parsley.
4. Add the cooked pasta
5. Re-stir dressing and add to the salad and toss to combine
6. Serve

Tip: Beans are high in antioxidants, which have anti-inflammatory, anti-cancer, and immune-boosting effects.

