

# Mediterranean Lentil Salad

## *Ingredients*

- 12-oz. jar quartered marinated artichoke hearts
- 18-oz pkg. refrigerated steamed lentils
- 1 cup parsley, chopped
- 2 cups cucumbers, halved and sliced
- 2 cups cherry tomatoes, halved
- sea salt and fresh black pepper to taste
- $\frac{1}{2}$  cup crumbled Greek feta cheese (optional)
- $\frac{1}{4}$  cup pumpkin seeds

## *Directions*

1. Strain artichoke hearts over a small bowl, reserving liquid.
2. In a large bowl, stir together lentils and parsley. Add about  $\frac{1}{3}$  cup of the reserved artichoke liquid (if necessary, add additional liquid to generously coat lentils). Stir in artichoke hearts, cucumber and tomatoes. Season to taste with salt and pepper.
3. Top with feta cheese and pumpkin seeds and serve.