Grilled Vegetable & Lentil Salad

15 ingredients · 20 minutes · 4 servings

Directions

1. Preheat grill to medium-high.
2. Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
3. Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
4. Remove veggies from the grill and toss in red wine vinegar.
5. Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

Notes

No Lentils
Use chickpeas or black beans instead.

Vegan
Omit the cheese and top with toasted cashews instead.

Save Time
Chop all vegetables in advance and store in the fridge until ready to grill.

Leftovers
Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.

Ingredients

2	Red Bell Pepper (cored and sliced)
1 cup	Red Onion (coarsely chopped)
2	Zucchini (sliced into rounds)
2 cups	Portobello Mushroom (sliced)
1 tbsp	Extra Virgin Olive Oil
	Sea Salt & Black Pepper (to taste)
1/4 cup	Cashews
1	Lemon (juiced)
1 tbsp	Tamari
1 cup	Parsley
2 tbsps	Water
1 tbsp	Red Wine Vinegar
8 cups	Mixed Greens
2 cups	Lentils (cooked, drained and rinsed)
1/2 cup	Feta Cheese (crumbled)