

# Nectarine, Avocado, and Lentil Salad

## Ingredients:

- 1 ½ cups dried French lentils
- 1 large garlic clove, smashed
- 3 tablespoons freshly squeezed lime juice
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 6 scallions, white and light green parts only; thinly sliced
- 1 avocado, diced

## Directions:

1. Place lentils and garlic in a saucepan and add water until covered by at least 3 inches. Bring to a boil, reduce heat to a low simmer, and cook, covered, until lentils are soft but still hold their shape, about 20 minutes. Drain lentils, discard garlic, and let cool.
2. Prepare the dressing. In a small bowl, whisk together lime juice, lime zest, olive oil, salt, and pepper.
3. In a large bowl, combine lentils, scallions, nectarines, avocado, and dressing. Toss to combine, and transfer to a serving platter.



**Serves 6**

## Nutrition Facts:

- 294 calories
- 11 grams fat
- 39 grams carbs
- 13 grams protein



[www.drserna.com](http://www.drserna.com)  
[info@northcypresswellness.com](mailto:info@northcypresswellness.com)  
(281)807-5300  
Recipe found at [Shape.com](http://Shape.com)