



Confetti Salad

HEALTHY CHOICE MEAL KIT

SHOPPING

PRODUCE	<ul style="list-style-type: none"> • 1 bell pepper • 1 shallot or onion • Fresh parsley (optional) • Canned mixed vegetables (low-sodium) • OR other fresh, frozen or canned veggies
PROTEIN AND DAIRY	<ul style="list-style-type: none"> • Dry lentils (need 1/2 cup)
GRAINS & CEREAL	<ul style="list-style-type: none"> • White rice (need 1/2 cup)
OTHER	<ul style="list-style-type: none"> • Olive (or vegetable) oil • Light-colored vinegar (or lemon juice)
THE OPEN DOOR SEASONING KIT	<p>Seasoning packet contains:</p> <ul style="list-style-type: none"> ◦ 1/4 tsp. Paprika ◦ 1/4 tsp. Dry mustard ◦ 1/4 tsp. Garlic powder ◦ 1/4 tsp. Kosher salt ◦ 1/4 tsp. Black pepper



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40 mins

Makes 4 servings

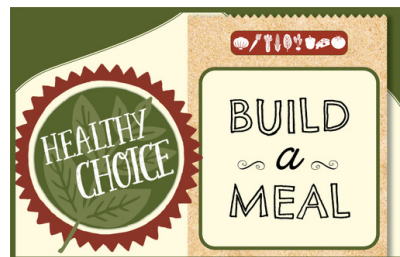
RECIPE

INGREDIENTS	<p>2 c. Water</p> <p>1/2 c. White rice</p> <p>1/2 c. Dry lentils</p> <p>1 can Carrots, peas and corn (drained)*</p> <p>1/2 Bell pepper, diced</p> <p>1/4 cup Shallot, finely chopped**</p> <p>2 Tbsp. Olive oil (or vegetable oil)</p> <p>2 Tbsp. Light-colored vinegar</p> <p>2-4 Tbsp. Fresh parsley, chopped***</p> <p>1 Seasoning Packet:</p> <p>Packet contains 1/4 tsp. each: paprika, dry mustard, garlic powder, salt & black pepper.</p> <p>*Or 2 cups fresh and/or frozen veggies, diced small</p> <p>**Or 1/4 cup onion, or 1/4 tsp. onion powder</p> <p>***Or 1 Tbsp. dry parsley</p>
INSTRUCTIONS	<p>In a medium saucepan with a lid, bring the water to a boil. Stir in the rice and lentils. Simmer, covered, for 15 minutes. Add the seasonings (and frozen veggies, if using); cover and cook on medium-low for 5 more minutes. Remove from heat; let cool for 15 minutes. Mix in the oil, vinegar, parsley, shallot, bell pepper and canned vegetables. Enjoy warm or cold.</p>

How did the recipe go?
We want your feedback!



Call 978-283-6776 or visit
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for a short survey!

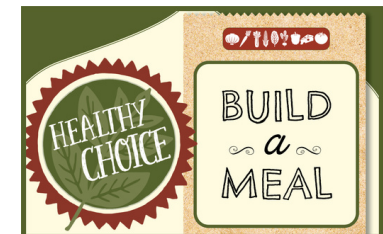


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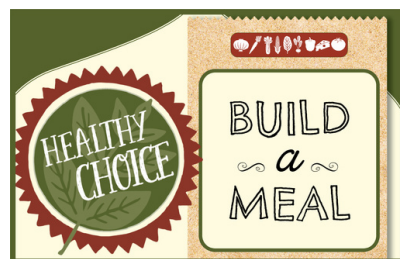
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