

SELF

Try This Five-Minute Superfoods Salad



Meet our guest blogger of the week, San Francisco chef Kathy Fang, author of the blog [Fangalicious](#), and general manager at [SOMA's Fang Restaurant](#). She'll be sharing her Asian Fusion recipes all week long -- but you can also check out all these [healthy, fresh dishes](#) from our April issue while you wait (and/or drool.)

I can't get enough of the Trader Joe's vacuum-packed steamed [lentils](#) -- they taste much better than canned versions and can last for months if unopened. They're perfectly cooked and great for salads, soups and stews.

So when I'm pressed for time, I reach for lentils and turn it into a easy-to-make salad. Lentils are low in fat, high in fiber, have protein and can be a meal in itself. It's a win-win! Add some grilled fish or chicken for additional protein.

THE RECIPE: Five-Minute Asian Lentil Salad

INGREDIENTS:

- 2 cups lentils, precooked
- 1 cup chopped cilantro
- 1 roma tomato, diced
- 1/2 tsp minced garlic (use the ones in the tubes, saves time)
- 1/2 tsp minced ginger (use the ones in the tubes, saves time)
- 1 tbsp sesame oil

- 1 tbsp low sodium soy sauce
- 2 tsp lemon juice
- 1 tsp Siracha
- 1 tsp red chili flake (optional for additional spice)
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INSTRUCTIONS:

Toss all ingredients into a bowl and stir with a spoon to fully incorporate the flavors. *Serves 1.* (And yes, it really is that easy!)

-- *Kathy Fang*