

## 3 Minute Apple Barley Lentil Salad

### INGREDIENTS

1 packet Central Market Microwaveable Grains Lentil/Barley Blend  
1 apple, cubed  
1/4 cup walnuts  
1 tbsp chopped fresh parsley  
1.5 tbsp olive oil  
2 tsp apple cider vinegar  
1 tsp dijon mustard  
Salt and pepper to taste

### INSTRUCTIONS

Microwave grains according to package directions. Let cool and place in a bowl. Add all the following ingredients and toss to combine. Pair with your favorite protein!