Lentil Salad

2 cups cooked red lentils or brown lentils (cook al dente)

2T Rice Vinegar

1T Olive Oil

1 small red/yellow/orange pepper diced

2 T low fat feta cheese

Lemon pepper or black pepper to taste.

Whisk together oil and vinegar in bowl. Add lentils, diced pepper, and feta cheese. Toss ingredients. Enjoy

Stuffed Zucchini and Peppers

Cut a zucchini and a pepper in half lengthwise. Remove seeds. Lightly steam zucchini and pepper then fill with lentil salad. Put in baking dish and bake at 350 degrees for 20 minutes until warm.