# Green lentils with beetroot, walnuts and goat's cheese

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Lentils help stabilise blood sugar levels which is important in maintaining a stable mood. Try this lentil salad with with beetroot, walnuts and goat's cheese

They are also high in folate – deficiencies in folate have been linked to depression.

**Ingredients** (serves 2)

- 1 cup dried green, brown, or French [lentils]()
- 2 cups water
- 60g fresh [goat's cheese]()
- ½ cup walnuts
- 8 pre-cooked fresh baby beets
- ½ red onion, finely sliced
- 1 cup baby spinach leaves
- 2 tbsp extra virgin [olive oil]()

**METHOD**

Thoroughly wash lentils and add to a small saucepan with water. Bring to a fast simmer over a medium-high heat, then reduce to a gentle bubble. Cook uncovered, for 20 to 30 minutes until

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tender. Add additional water as needed to ensure lentils are just covered. Strain lentils, stir through spinach and divide between two bowls. Top with onion and fresh baby beets and crumble over walnuts and goats cheese.

Drizzle with olive oil and serve warm with salt and pepper to taste.

Recipe and image by [Sally O'Neill](#)

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