

Workforce Health



Kitchen: Love

Recipe of the Month:

Mediterranean Lentil Salad

This vibrant dish is the perfect side for your favorite grilled foods. Serve it over a bed of greens for a satisfying meal you can take to work or enjoy at home. As a bonus, Coach Christine will show you how to make warm, homemade pitas to go with it.



July 8, 2026
12-12:30 p.m.

Click here or snap the QR code
to Register on Webex
Password: Wellness1



July 23, 2026
4:30-5 p.m.

Click here or snap the QR code
to Register on Webex
Password: Wellness1



About your instructor:



Christine Schlagenhauf, RDN, CD

Christine is a Registered Dietitian Nutritionist and coach with over 25 years of experience practicing and teaching a healthy lifestyle. She helps clients achieve their wellness goals through better eating and lifestyle modifications.

See full recipe on the next page.

Note: Participants attending as part of an employer's incentive program must individually register and join via web browser in order to receive credit for attending.



Workforce Health

Mediterranean Lentil Salad



Makes 6 (3/4 cup) Servings

Lemon Oregano Dressing

- 1/4 cup olive oil
- 2 Tbsp. lemon juice
- 1 Tbsp. Dijon mustard
- 1 clove garlic, minced
- 1 tsp. dry oregano
- Salt and pepper to taste

Lentil Salad

- 2 ½ cups cooked lentils (see note below)
- 1 red bell pepper, diced
- 1 cup quartered cherry or grape tomatoes
- 1 cup diced cucumber
- 1/3 cup minced red onion
- 1/3 cup each chopped walnuts and chopped kalamata olives (optional)
- 1/4 cup chopped fresh parsley
- 2 Tbsp. torn mint leaves
- 2 Tbsp. chopped fresh dill
- 1 cup crumbled feta cheese

Directions:

1. In small bowl, whisk olive oil, lemon juice, mustard, garlic, oregano, salt and pepper until well mixed. Set aside.
2. In large bowl mix together cooked lentils, bell pepper, tomatoes, cucumber, red onion, walnuts and olives (if using), parsley, mint and dill.
3. Pour dressing over lentil mixture and stir until evenly coated. Add feta cheese and gently toss until evenly mixed.

NOTE: 1 cup dry lentils yield 2 ½ cups cooked. You can cook dry lentils ahead of time or buy canned lentils. If using canned, drain and rinse well before mixing into salad.

Nutritional facts per approximately 3/4-cup serving:

Calories: 317 • Fat: 20g • Sodium: 535mg • Carbohydrates: 24g • Dietary Fiber: 9g • Protein: 13g

Thegratefulgrazer.com



Homemade Pitas

Makes 6 pitas (this is original recipe halved)

Ingredients:

- 1 tsp. yeast
- 1 cup warm water (about 105 degrees)
- 2 Tbsp. olive oil
- 3 cups flour
- $\frac{3}{4}$ tsp. sugar
- $\frac{3}{4}$ tsp. salt

Directions:

1. Place warm water in a small bowl and add yeast. Allow this to sit for several minutes to “bloom” (foam will appear on top)
2. Combine all other ingredients in the bowl of a stand mixer or a large bowl. Add yeast mixture.
3. Mix dough. Then knead for 10 minutes either with kneading attachment on mixer, or on floured work surface by hand.
4. Oil a large bowl. Put dough into oiled bowl and let rise for 60-90 minutes.
5. Sprinkle flour on your work surface and divide dough into 6 pieces. Roll into flatbread shape.
6. Brush a skillet or cast-iron pan lightly with oil. Remove excess flour from one pita and place in pan and cook until browned on each side (can flip pita over a few times if necessary to avoid burning). Continue one by one, until all pitas are cooked.
7. Place cooked pitas on a plate covered with a towel to retain steam and keep pliable.

Note: if storing for later use, place a sheet of parchment or wax paper between each pita to avoid sticking together. Can also freeze like this for later use.

Nutritional facts per 1 pita:

Calories: 284 • Fat: 6g • Sodium: 876mg • Carbohydrates: 49g • Dietary Fiber: 2g • Protein: 8g

Kitchensanctuary.com

