

Cannellini Bean Salad

Ingredients:

- 2 cans organic canned white beans – rinsed and drained
- 1 organic English cucumber – diced
- 1-2 cloves garlic – thinly diced
- 1 small red onion - diced
- 1 medium bell pepper - diced
- 10 oz cherry or gape tomatoes - halved
- 1 lemon - zested and juiced
- 1 Tbs white wine vinegar (optional)
- 2 -3 Tbs extra virgin olive oil
- 4 green onions
- 1 cup chopped fresh parsley
- 15 -20 fresh mint leaves, chopped
- salt (to taste)
- 1 tsp paprika (optional)
- feta cheese (optional)

Instructions:

1. Add white beans, cucumbers, tomatoes, garlic, bell pepper, onion, green onions, parsley and mint to a large mixing bowl.
2. Add lemon zest. Season with salt to taste, then add paprika. Toss gently.
3. In a small bowl add lemon juice, white wine vinegar and olive oil and whisk. Add to salad and toss gently until salad is completely covered with the dressing.
4. Set in fridge, covered for about 30 minutes for best flavor.
5. Sprinkle with feta cheese before serving.

Makes 4-5 servings.

Optional add-ins:

- 1 cup of dry beans cooked “al dente” instead of canned
- Any bean can make this dish delicious (navy, pinto, great northern)
- Other spices – harissa, ginger, oregano, pepper, cumin
- Add other veggies and get creative.

Serve with your favorite grilled fish, chicken or steak.

Also makes a great side for a cookout potluck. 😊