

The Everyday Kitchen

White Bean Salad - *serves 4*

1 Can White Beans (or Canellini Beans), rinsed and drained
1 c Cherry or Grape Tomatoes, halved
1 Cucumber, diced
1/8 c Fresh Parsley, chopped
1/8 c Fresh Oregano, chopped
1/2 c Feta Cheese, crumbled
1 tbsp Lemon Juice
1 tbsp Olive Oil
Salt and Pepper

In a medium size bowl, combine white beans, tomatoes, cucumber, parsley, oregano, and feta cheese. In a small bowl, whisk together lemon juice, olive oil, and a pinch of salt and pepper. Pour dressing over salad ingredients and toss to combine. Serve slightly chilled.

Nutrition Information (Approximate Values): 215 Calories, 5g Fat, 10g Protein, 6g Fiber, 25g Carbohydrates