

White Bean Greek Salad

SERVES: 6 SERVING SIZE: ABOUT 1 CUP

Ingredients

4 cucumbers, diced
2 cups cherry tomatoes, halved
2 cups diced bell peppers
3–4 tablespoons diced red onion
1 can white northern beans, drained & rinsed
1 lemon, juiced
1/4 cup finely chopped fresh parsley
1–2 teaspoons sea salt
1–2 teaspoons oregano
3–4 tablespoons extra virgin olive oil
1 tablespoon red wine vinegar

Directions

1.) Mix all ingredients together, chill for 2–3 hours in the fridge, then serve! Store in an airtight container – it keeps fresh for up to 3 days.



Nutrition per serving: 186 calories, 7 g protein, 8 g fat, 22 g carbs, 588 mg sodium

