

Marinated Mixed Bean Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Green Beans (fresh or frozen)
4 cups Mixed Beans (cooked)
1/4 cup Extra Virgin Olive Oil
2 tbsps Apple Cider Vinegar
1 tbsp Italian Seasoning
1 Garlic (clove, minced)
1 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	367	Vitamin C	13mg
Fat	15g	Calcium	83mg
Saturated	2g	Iron	5mg
Carbs	45g	Vitamin D	0IU
Fiber	13g	Vitamin B6	0.3mg
Sugar	3g	Folate	249µg
Protein	16g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	88mg
Sodium	5mg	Zinc	2mg
Potassium	838mg	Selenium	2µg
Vitamin A	346IU		

DIRECTIONS

- 01 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 02 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

NOTES

NO MIXED BEANS

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

LEFTOVERS

Keeps well covered in the fridge up to 4 to 5 days.

