



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	365
Fat	15g
Saturated	2g
Carbs	45g
Fiber	13g
Sugar	3g
Protein	16g
Cholesterol	0mg
Sodium	6mg
Vitamin A	346IU
Vitamin C	13mg
Calcium	83mg
Iron	5mg
Vitamin D	0IU
Vitamin B6	0.3mg
Folate	249µg
Vitamin B12	0µg
Magnesium	88mg
Zinc	2mg

Directions

- 1 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.
- 2 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.