



Tried and Tested: Fresh Bean Salad

Whether you enjoy this as a meal or a side salad, this is chock full of healthy beans and delicious ingredients.

Recipe tested by: Diana Dibblee, PDt

Ingredients:

- 1 can Lentils (drained and rinsed)
- 1 can Chickpeas (drained and rinsed)
- 1/2 cup finely chopped red onion
- 4 Tbsp fresh lemon juice
- 6 Tbsp olive oil
- 1-2 tsp cumin or to taste
- 1 tsp salt and grated pepper
- 1 cup chopped roasted red pepper (canned works)
- 2 tomatoes
- 1 cup chopped cucumber
- 1/3 cup fresh basil, cilantro or fresh parsley to taste
- 2/3 cup finely chopped feta cheese



Instructions:

Mix together all ingredients in a large bowl. Serve immediately on a fresh bed of your favorite greens or keep covered in fridge for several days.