

Green Bean Salad

Prep Time: 10 minutes + chill time

Green Bean Salad Recipe:

1 cup red onion
1/4 fresh lemon juice
2-1/2 cups green beans
10-12 cherry tomatoes
1 large garlic clove
Celtic Sea Salt to taste
1 tbsp extra virgin olive oil
1/4 tsp rosemary

Instructions:

Cut onion into small slivers and place in lemon juice to marinate. Wash green beans and cut on an angle into 1-inch pieces, wash and cut cherry tomatoes into quarters, mince garlic or use garlic press, and place all of the above ingredients in a bowl. Crush rosemary and combine with the other seasonings, pour over the salad, cover and refrigerate several hours or overnight.

Variations:

Sprinkle with pine nuts. Try toasting the pine nuts first for extra flavor.

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org