



RECIPE OF THE Month

Summer Salad with Mint

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| 2 cups green beans, trimmed | 2 tbsp fresh mint, chopped |
| 4 cups tomato, coarsely chopped | 2 tbsp fresh lemon juice |
| 1 15-oz can cannellini beans, drained and rinsed | 2 tbsp extra virgin olive oil |
| 1 cup sweet onion, thinly sliced | ½ cup crumbled reduced-fat feta cheese |

- 1 Cook green beans in boiling water 10-12 minutes until fork-tender; drain and rinse with cold water.
- 2 In a large bowl gently combine green beans with cannellini beans, tomato, onion, mint, lemon juice and oil.
- 3 Top with cheese and serve.

MAKES ABOUT 7 ½ CUPS (6 servings). Per serving:

176 calories | 9.2g protein | 6.6g fat | 1.8g sat fat | 0mg cholesterol | 22g carbs | 0g sugar | 6.6g fiber | 309mg sodium