

# Mediterranean White Bean Salad

**EASY** recipe

- 2 cans (15-oz.) unsalted white beans, drained and rinsed
- 1 cup fresh chopped parsley
- 1 large tomato, diced
- ¼ cup fresh chopped mint
- 1 English cucumber diced
- 2 tbsp extra-virgin olive oil
- 1 red pepper, seeded and diced
- 1 lemon, zest and juice
- 2 tsp za'atar spice blend
- 2 green onions, minced
- ¼ tsp salt



**In** a large bowl, mix beans, tomato, cucumber, pepper, green onions, parsley and mint. **In** a small bowl, stir together oil, lemon zest, lemon juice, za'atar and salt. **Pour** dressing over salad and toss to coat. **Add** salt to taste. **Optional:** Serve topped with crumbled feta cheese and crispy pita chips.

**Makes 6 servings. Per serving:** 210 calories | 11g protein | 6g total fat | 1g saturated fat  
4g mono fat | 1g poly fat | 38g carbohydrate | 3g sugar | 11g fiber | 145mg sodium