



## Grain and Bean Salad

### Ingredients:

- 1 cup cooked cannellini beans, or 1 can white beans, drained & rinsed
- 2 cups cooked grains
- 1/4 cup finely diced red bell pepper
- 3 Tablespoons pitted kalamata olives, rinsed and sliced thin
- 1 cup finely chopped flat leaf parsley
- 1 cup finely chopped mint
- zest of one lemon
- 1/4 cup freshly squeezed lemon juice
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon salt
- 2 oz feta cheese (optional)

### Directions:

Make dressing with lemon juice, olive oil and salt.  
Combine beans, grain, bell pepper, olives, lemon zest and herbs.  
Toss with dressing; check for seasoning. Chill for an hour or serve room temp.

\*\*Add any vegetables: diced celery, cherry tomatoes, carrots...

\*\*Can use brown rice or wild rice, quinoa, farro.

\*\* Use any beans