



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