

Greek Salad with Beans



48 kcal

Serving 1

8 Mins

Greek Salad with Beans

★★★★★ (2)

Calories 48 kcal

Protein Serves 0.10

Carbohydrate 2.9 grams

Cholesterol 0 milligrams

Fat 3.4 grams

Fiber 1.8 grams

Protein 1.4 grams

Ingredients

30 g Baby Spinach

15 g Green Beans

20 g Kalamata Olives

40 g Lebanese Cucumber

10 g Red Onions (finely cut)

2 g Salt and Pepper (to season)

30 g Tomatoes

Instructions

1. Blanch beans by boiling in water for 3 minutes.

2. Cut cucumber, tomato, beans and red onion.

Combine all ingredients in a bowl.

3. Season with salt and pepper and serve with a dressing of your choice if desired. Notes