

Creamy Greek Beans Salad



Add a Mediterranean touch to your meals with this creamy legume salad, packed with plant-based protein and fiber. Simple, flavorful, and colorful, it's the perfect side dish for your favorite meal.

Preparation 15 min

Cooking 0 min

Portion 6

Nutrition Facts (per serving)

Calories 185 kcal

Fat 7 g

Carbohydrates 21 g

Fibre 6 g

Protein 10 g

Sodium 335 mg

Ingredients

- 1 can of 540 ml (19 oz) of mixed beans, rinsed and drained
- 1 large tomato, diced
- ½ English cucumber, diced
- 250 ml (1 cup) frozen edamame, thawed
- 80 ml (⅓ cup) light feta cheese, crumbled
- 80 ml (⅓ cup) marinated red onion, coarsely chopped*
- 60 ml (¼ cup) black or green olives, sliced
- 45 ml (3 tbsp) fresh herbs of choice, chopped (e.g., dill, basil, etc.)
- 30 ml (2 tbsp) light mayonnaise (or tzatziki)
- 30 ml (2 tbsp) apple cider vinegar (or lemon juice)
- 5 ml (1 tsp) dried oregano

Preparation

1. In a large bowl, combine all ingredients.
2. Taste and adjust seasoning if needed.
3. Serve immediately, or refrigerate until ready to serve.

Notes

Keeps for up to 3 days in an airtight container in the refrigerator.

*To prepare marinated red onion, mix thinly sliced red onion with equal parts vinegar (such as cider or white vinegar), a pinch of sugar, and a pinch of salt. Let marinate in the refrigerator for at least 30 minutes. Store-bought options are also available in the pickles or condiments section of your grocery store.



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