



Summer Bean Salad

(A rainbow of color.)



Ingredients (Servings: 4)

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| 1 can (15oz.) of kidney beans | 1 small bunch of parsley, chopped (about ¼ cup) |
| ½ yellow bell pepper, diced | 1 lemon, juiced |
| 12 cherry tomatoes, halved | Salt & pepper to taste |
| ½ red onion, diced | |
| 1 Tbsp olive oil | |

Directions

1. Drain and rinse kidney beans.
2. In a medium sized bowl mix kidney beans, bell peppers, tomatoes, onion, and parsley.
3. Slowly add olive oil and lemon juice. Mix well.
4. Season with salt and pepper to taste.

Note: You can serve this on leaf lettuce, as a side dish, or in an individual salad bowl.

