

MOT more of this
LOT less of that

Green Bean, Tomato and Feta Salad

The combination of ingredients in this side dish provides vitamins A, C, D, and K along with calcium, potassium, and magnesium; monounsaturated fat, and protein.

Serves: 4 as side dish

Total time: 30-40 minutes

Ingredients

- 1 pound green beans, ends removed, and snapped in half if long
- 3 tablespoons white vinegar
- 2 tablespoons lemon juice
- 1 tablespoon extra virgin olive oil
- Sea salt, pepper, parsley, mint, basil
- ¼ cup crumbled feta cheese
- 1/3 cup slivered almonds
- 1 hard boiled egg, finely chopped
- 2 medium size tomatoes, chopped
- ¼ cup chopped black olives

Directions

1. Bring about 2 cups of water to boil.
2. Add green beans (in a steamer insert if you have one). Reduce heat to slow boil and cover.
3. Cook green beans till tender and bright green.
4. Drain, cool slightly and place in medium size bowl.
5. Whisk together the white vinegar, lemon juice, olive oil and herbs.
6. Drizzle dressing on the green beans. Arrange the feta, tomatoes, almonds, egg, and olives on top. Serve at room temperature.

Mary-Beth says: *“I love the way this salad looks with the toppings piled on top of the green beans. As you serve, the toppings will get mixed in but be sure to get a picture when you set the bowl down on the table! I started making this salad in 1998 when I visited Well-Sweep Herb Farm in Port Murray, New Jersey. The kind folks at Well-Sweep included a few recipes, including this one, in their farm catalog.”*