|  |  |
| --- | --- |
|  | **Marinated Bean Salad** |

**Prep and Cook Time: 25 minutes   
Ingredients:**

* 2 TBS minced onion
* 3 medium cloves garlic, pressed
* 2 cups fresh green beans cut into 1-inch lengths
* 2 cups or 1 15 oz can (BPA-free) lima beans, drained and rinsed
* 2 cups or 1 15 oz can (BPA-free) kidney beans, drained and rinsed
* 1 large ripe fresh tomato, chopped
* 2 TBS chopped fresh basil (or 2 tsp dried basil)
* 1 TBS chopped fresh oregano (or 1 tsp dried oregano)
* 1 TBS chopped fresh parsley (or 1 tsp dried parsley)
* 3 TBS fresh lemon juice
* 2-3 TBS extra virgin olive oil
* salt and cracked black pepper to taste

**Directions:**

1. Mince onion and press garlic and let sit for 5 minutes to bring out its health-promoting benefits.
2. Fill the bottom of a steamer with 2 inches of water.
3. While steam is building up in steamer cut green beans.
4. Steam for 5 minutes. A fork should pierce them easily when they are done.
5. Drain and rinse canned beans. Let beans sit in colander for another couple of minutes to drain excess water.
6. Mix all ingredients together. If you have the time, let it marinate for at least 15 minutes. It can keep in the refrigerator for a few days. Keep on hand for a quick meal.

**Serves 4**

**Printer Friendly Version** of [Marinated Bean Salad](http://whfoods.org/genpage.php?tname=recipe&dbid=131&pfriendly=1&utm_source=daily_click&utm_medium=email&utm_campaign=daily_email)