

Italian Chopped Bean & Veggie Salad

Ingredients

- 1 cup canned cannellini beans, rinsed
- 1/4 cup chopped celery
- 1/4 cup cherry tomatoes
- 2 tbsp diced red onion
- 1 tbsp chopped parsley
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt and pepper

Instructions

1. In a bowl, combine beans, vegetables, and herbs.

2. Whisk lemon juice, oil, salt, and pepper.

3. Drizzle dressing over salad and stir gently.

Benefits

Great for blood sugar balance, gut microbiome, and satiety.