

Three Bean and Green Olive Salad

Yield: 10 servings

Preparation Time: 30 minutes

Portion Size: 5 ½ wt oz (4 wt oz of bean and olive mixture, 1 ½ wt oz of spinach)

Calories Per Serving: 220 Kcal

STEP 1

⅓ lb	Pinto beans, canned	rinsed and drained	Mix together all ingredients in step one. Taste and season with salt and pepper.
⅓ lb	Green beans, fresh or frozen	blanch fresh beans	
⅓ lb	Navy beans, canned	rinsed and drained	
11 wt oz	Green olives, pitted	rough chop	
6 ½ wt oz	Red bell pepper	cut into short thin strips	
4 ½ fl oz	Extra virgin olive oil		
2 ½ fl oz	Lemon juice		
1 each	Grated lemon zest from whole lemon		
to taste if needed	Salt		
to taste	Ground black pepper		

STEP 2

15 wt oz	Spinach	washed and trimmed	To serve: Place on a bed of spinach, top with bean and olive mixture, and garnish with chopped parsley.
2 tbsp	Parsley, flat-leaf	chopped	