



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# TOMATOES & BEANS

**Time: 15 minutes**

**Serves: 4**

### **Ingredients:**

4 large tomatoes – seeded and roughly chopped  
1 19-ounce can white kidney beans – rinsed and drained  
1 sweet Hungarian pepper – finely diced  
½ small white onion – very thinly sliced  
2 tablespoons cilantro – finely chopped  
1 tablespoon fresh lime juice  
1 clove garlic - finely chopped or grated  
¼ teaspoon kosher salt  
¼ teaspoon fresh ground black pepper  
3 tablespoon extra-virgin olive oil

### **Preparation:**

Gently mix the tomatoes, beans, pepper, onion and cilantro in a suitable bowl.

In a small bowl, combine the lime juice, garlic, salt and pepper, then whisk in the olive oil.

Pour the dressing over the salad, toss gently and serve immediately.

### **Nutritional Information Per Serving:**

Calories: 239  
Fat: 11g  
Carbs: 29g  
Fibre: 9g  
Protein: 10g