

PERSIAN BEAN SALAD

Time: 15 minutes

Serves: 4

Ingredients:

½ cup flat leaf parsley – chopped
¼ cup walla walla onion – small dice
19 ounce can kidney beans – rinsed and drained
2 tablespoons fresh lemon juice
¼ teaspoon kosher salt
1 pinch fresh ground black pepper

Preparation:

Toss all ingredients in a suitable bowl and refrigerate or serve immediately.

Nutritional Information Per Serving:

Calories: 113
Fat: 1g
Carbs: 20g
Fibre: 6g
Protein: 7g