

Four Bean Salad

1 cup green beans
1 cup cooked kidney beans
1 cup cooked cannellini
1 cup cooked chick peas
1 onion – diced
fresh parsley – chopped
your favorite vinaigrette

- Cut green beans into 1”pieces and steam until crisp-tender -about 5 minutes.
- Run under cold water to stop the cooking then pat dry.
- In a bowl, combine all the beans, onion and parsley to taste.
- Dress with your favorite vinaigrette to taste.



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