



Lemon and Herb White Bean Salad



Ingredients

- 1 small onion, chopped
- ½ cup celery, chopped (if available)
- 1 cup carrots, chopped (if available)
- 4 cup ready to use beans (any kind)
- cheese of any kind to add on top (optional)

Dressing Ingredients (optional)

- juice of two lemons
- 2 tsp minced garlic
- ¾ tsp salt
- 4 Tbsp oil
- ¼ red pepper flakes (if available)

Directions

Step 1: chop the onion, celery, carrots and any additional vegetables you want to add

Step 2: combine vegetables into a large bowl

Step 3: For (optional) dressing:

- in a container with a lid, combine the dressing ingredients, and shake until mixed well

Step 4: in a large bowl combine the vegetable mixture with the dressing and top with your favorite cheese or seasonings