

Green Bean Cashew Salad

1 lb. fresh slender green beans, ends trimmed
1½ cup cherry tomatoes
3 tablespoons red onion (cut into julienne strips)
½ cup of roasted cashews, coarsely chopped
1 cup feta cheese crumbled
3 tablespoons olive oil
2 tablespoons lemon juice
2 tablespoons chopped fresh basil
2 teaspoons of minced garlic
Salt and ground black pepper

Directions:

Boil water with a little salt and add green beans. Cook until tender crisp. Drain well. Pat dry and place beans in a bowl. Combine beans, tomatoes, red onion, and feta cheese. Whisk together olive oil, lemon juice, basil, garlic and some salt/pepper. Pour over salad mixture. Add cashews before serving. Serves 8.

Nutrient Analysis, per serving: 135 calories, 9g. carbohydrate, 8g. protein, 7g. fat, 360mg. sodium