

# HEALTHY WHITE BEAN SALAD

By: Simply Creative Chef Rob Scott

## Ingredients:

Yields 4 or more

2 cans white beans (cannellini), drained and rinsed well  
1 English cucumber, diced  
4 Plum tomatoes, diced  
4 green onions, chopped  
1 cup chopped fresh parsley  
2 cups chopped fresh spinach  
1 medium red onion, diced  
1 lemon, zested and juiced  
1 tablespoon Dijon mustard  
Salt and pepper  
White wine vinegar  
Extra virgin olive oil  
Feta cheese, optional

## Directions:

- Add white beans, cucumbers, tomatoes, green onions, parsley, spinach, and red onions to a large mixing bowl
- Add lemon zest
- Season with salt and pepper
- Add Dijon mustard
- Finish with lemon juice, white wine vinegar and a generous drizzle of extra virgin olive oil (2-3 tablespoons)
- Toss well to combine
- Taste and adjust seasoning, if necessary
- Add feta cheese, if you like