

Recipes from a Bright Kitchen

Green Bean Salad

A modified family recipe

Bright Line Equivalents

Makes several veggie servings. May include a fat serving depending on how you prepare the dressing.

Prep/Cooking Time

Prep = approx. 5 minutes

Cook = approx. 30 minutes

Supplies Needed

Bowl

Knife

Cutting board

Super easy and quite tasty. A great addition to any meal.

INGREDIENTS

2 cans	Cut GREEN BEANS (low sodium)		
¼ cup	Chopped RED ONION		
¼ cup	Chopped RED BELL PEPPER		
¼ cup	Balsamic Vinaigrette		
1 TBSP	DIY Goodness Seasons Herb Mix		

PREPARATION

Rinse two cans of green beans. In a medium mixing bowl add green beans.

Chop the onions and red bell pepper into small pieces. These amounts are suggestions. I generally add more red bell pepper for a bit more sweetness. FYI: Too much onion will overpower the green beans.

Add the onions and bell pepper to the green beans. Toss lightly.

Add the balsamic vinaigrette and the Herb Mix. Toss well and set aside to marinate.

SERVING SUGGESTIONS

This dish is even better the next day. If you adore balsamic, add more. This recipe also makes a great addition to any salad, giving it a little zing.

Enjoy