



ThompsonsBeans.com

Dilled Bean Salad

Serves 4

This savoury bean salad is not as sweet as the bean salad of the 50's. Add cooked fish for a luncheon dish or picnic.

3 cups (750 ml) cooked White Pea Beans

2 green onions, sliced

1/3 cup (75 ml) olive oil

2 tbsp (25 ml) lemon juice

½ tsp (2 ml) salt

2 tsp (10 ml) dried dillweed, or 2 tbsp (25 ml) minced fresh dill

freshly ground pepper to taste

Directions:

In a large bowl combine beans and green onions. Mix oil, juice, salt, dill and pepper together; pour over beans and toss lightly to mix. Cover and chill at least 1 hour or up to 2 days. Garnish if desired at serving time. Serve with roasted or grilled meats or fish on a buffet. Optional Garnishes: Red onion slices, radish slices, or cherry tomatoes and fresh dill sprigs. Variations: 1. Add 1/2 clove garlic, crushed to dressing. 2. Add drained canned tuna or cooked salad shrimp.

Nutritional Facts per serving

Energy 350 kcal, Fat 18.1 g, Carbohydrates 36.9 g, Protein 12 g,
Total Dietary Fibre 12.1 g

Note: Dry Beans are an unprocessed product. Although we carefully clean all beans, stones and natural debris may be present. Please SORT and rinse beans prior to cooking.

Recipe compliments of OntarioBeans.on.ca