

Sun Dried Tomato and Bean Salad

Ingredients:

1 can | 15 ounces cannellini bean, low sodium/no added salt, drained & rinsed

1 can | 15 ounces garbanzo bean, low sodium/no added salt, drained & rinsed

1/2 cup red onion, diced

1 teaspoon minced or grated garlic

1/4 cup sun dried tomatoes, packed in oil

1/4 cup fresh basil, loosely packed and slices

3/4 teaspoon crushed red pepper flakes

1/2 teaspoon ground black pepper

1 tablespoon red wine vinegar

1 tablespoon oil from jar of sun dried tomatoes

2 oz feta, crumbled (optional)

Instructions:

1. Add everything to a large bowl and toss well to combine.
2. Once well mixed, taste and season with additional garlic, pepper or vinegar as needed.
3. Eat as a side dish, entrée, over a green salad, or in wraps.

