



RECIPE CARD

GREEN BEAN, TOMATO AND FETA SALAD

Green Bean, Tomato and Feta Salad

Sensitive to dairy products? This recipe may still work for you! Although goat cheese contains the same sugar found in cow's' milk, the fat molecules are shorter so they are digested more easily for some people.

Ingredients

- 3 cups **green beans**, trimmed and cut into 1 - inch pieces
- 1 cup **cherry tomatoes**, quartered
- 1/3 cup chopped **red onion**
- 1/2 cup crumbled **feta cheese**
- 2 Tablespoons **olive oil**
- 1 teaspoon **salt**
- 1 teaspoon **pepper**

Directions

1. In a medium bowl, combine beans, tomatoes, onion and cheese. Toss until well - combined.
2. In a small bowl or sealed mason jar, whisk or shake together the remaining ingredients. Pour dressing over vegetables and toss until well - coated.



Recipe adapted from Mill City Farmers Market