



## Fresh Green Bean Salad



Yield 16 servings

### **Ingredients:**

- 1 Lb. fresh green beans, rinsed, trimmed and cut in half
- 10 oz. grape tomatoes, whole
- 3 oz. fresh baby spinach, whole leaves (about 2 cups packed)
- 1 Sm. Red onion, halved and thinly sliced
- 1 Lemon, juice
- 1/4 Cup balsamic vinegar
- 1/4 Cup olive oil
- 1/4 Tsp. black pepper
- 2 Tbsp. fresh oregano, minced
- 2 Garlic cloves, minced

### **Preparation:**

Mix together beans, tomatoes, spinach and onion. In separate bowl, mix together the remaining ingredients. Pour dressing over the salad mixture just before serving.

### **Nutritional information per serving:**

*Calories 50, Fat 3.5gm, Saturated fat 0.5gm, Carbohydrates 4gm, Fiber 1gm, Sodium 5mg*

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

Rev. 1/2010



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