



Green Bean Salad - 4 servings

Recipes from www.naturalhealthyconcepts.com

1 lb fresh green beans
1/4 cup sliced red onion
1 medium cucumber
1/8 cup sliced almonds
1 cup grape tomatoes,
halved
White Balsamic vinegar
Extra Virgin Olive Oil
Sea Salt & Pepper

Steam the green beans for about 3 minutes. Rinse well in ice cold water to stop the cooking process, drain. Peel and cut the cucumber into thick matchstick pieces. Combine all the vegetables and almonds in a bowl. Drizzle olive oil and balsamic vinegar to taste over the salad. Season with sea salt and pepper. Toss lightly and serve immediately. Substitute lemon juice for the balsamic vinegar if candidiasis is an issue.

Per 1 serving: Calories 162, Protein 4g, Carbs 14.5g, Fat 10g, Sugars 2g, Fiber 5g, Sodium 808mg

Beneficial Nutrients: Vit A 1024IU, B1 .13mg, B2 .18mg, B3 1.2mg, B5 .38mg, B6 .13mg, Folate 50mcg, Vit C 19mg, Calcium 80mg, Magnesium 38mg, Potassium 543mg