



## **4 Bean Salad**

### **Ingredients:**

1 15 oz. can cannelloni beans, drained and rinsed

1 15 oz. can red beans, drained and rinsed

1 5 oz. can kidney beans, drained and rinsed

1 15 oz. can chick peas, drained and rinsed

2 celery stalks, sliced

1/4 cup sliced carrots

1/2 bunch parsley leaves

1 pinch fresh thyme

1 pinch fresh rosemary leaves

1/4 cup fresh parsley

2 tbsp extra virgin olive oil

1 lemon, juiced

Salt and pepper to taste.

Combine the beans in a large bowl and season with salt and pepper, add in celery, carrots, herbs and mix with olive oil and lemon. garnish with extra salt and pepper and serve.

