



Avocado and White Bean Salad

Ingredients:

1 can white beans

1 avocado

1 red tomato, chopped

2 scallions, sliced whites only.

Dressing:

2 tbsp olive oil

1 lemon, juiced

dried basil

1 garlic clove, minced

1 tsp finely chopped flat leaf parsley

Salt and pepper to taste.

Directions:

In a medium pan, cook beans for 5 minutes until slightly crispy, set aside to let cool. Meanwhile, whisk together dressing ingredients and pour over salad. Mix and serve cool.

