

# Balsamic Bean Salad

Serves 4

## Ingredients

- 1 x 125g can corn
- 1 x 420g can four bean mix
- 1 Lebanese cucumber
- ½ red onion
- 1 tomato
- 5 mint leaves
- 1 sprig of parsley
- 2 tablespoons balsamic vinegar
- 2 teaspoons extra-virgin olive oil
- Pepper to taste

### Optional

Give this recipe a protein boost by adding tuna, salmon or grilled chicken.



## Method

1. Drain corn and bean mix. Finely dice cucumber and onion. Chop tomato.
2. Chop mint and parsley, then set aside.
3. Combine beans, cucumber, tomato, onion and corn in a serving bowl.
4. In a small bowl, combine balsamic vinegar, olive oil, herbs and pepper.
5. Pour dressing over salad and toss to coat well.