

Beans and Greens

Yield- 4 Servings, 1 cup each

Cook Time- 15 minutes

Salad Ingredients

Spinach - 8 oz.

Radishes – about 8 thinly sliced

Cannellini Beans – 15 oz. can

Bulgar – ¼ cup before cooking

Water – ¾ cup

Sweet Onion – ½ onion thinly sliced

Feta – 1 Cup Crumbled

Dressing Ingredients

Red Wine Vinegar – 1/2 Cup

Oil – ½ cup

Honey – 2 ½ Tbsp

Lemon Juice – 3 Tbsp

Salt – 1 tsp

Pepper – 1 tsp

Instructions

1. Measure out 1/4 Cup Bulgar and put into a saucepan with 3/8 Cup water, bring to a simmer then cover for 12 minutes.
2. Take Bulgar off the heat and set aside for step 6.
3. Combine Red wine vinegar, Honey, Oil, lemon juice, salt, and pepper in a mixing bowl and whisk together.
4. Cut the sweet onion into thin slices and set aside for step 6. **PREP**
5. Open a can of cannellini beans and set aside for step 6.
6. Cut the radishes into thin slices and set aside for step 6.
7. Combine Spinach, Cannellini beans, radishes, sweet onion, feta, and bulgar in a mixing bowl. **COMBINE**
8. Add the vinaigrette to the mixing bowl and toss the salad ingredients together with the vinaigrette.