

Black Bean Mediterranean Salad

INGREDIENTS

- 1, 15 oz. can black beans, drained
- 1 english cucumber, diced
- 1 red bell pepper, diced
- ½ cup red onion, diced
- 10 ounces cherry tomatoes, cut into fourths
- 1 cup low-fat feta cheese, optional
- 1 tablespoon dried dill
- 1 tablespoon dried parsley
- 1/4th cup olive oil
- 3 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- 2 teaspoons minced garlic
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper

TIME: 1 HOURS

SERVINGS: 6



Adapted from: [instagram.com](https://www.instagram.com)



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PROCEDURE

1. In a large bowl, combine drained black beans, cucumber, red bell pepper, red onion, and cherry tomatoes.
2. In a small bowl, whisk together dill, parsley, olive oil, red wine vinegar, lemon juice, minced garlic, oregano, salt, and pepper.
3. Pour dressing on top of salad and mix until well incorporated.
4. Refrigerate for at least 15 minutes before serving.
5. Top with feta cheese, if using.

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