



Green Bean & Cherry Tomato Salad

Servings

6

Calories

160

Prep Time

8 minutes

Total Time

11 minutes

Skill Level

Easy

Ingredients

2 (12 ounces) packages Mann's Green Beans

3 cups cherry tomatoes, halved

1 medium red onion, thinly sliced

½ cup basil leaves, fresh, chopped

5 tablespoons extra-virgin olive oil

3 tablespoons red wine vinegar

¼ teaspoon sugar

salt and pepper to taste



The Method

Cook Green Beans in large pot of boiling salted water until crisp-tender, about 3 minutes. Drain; rinse with cold water and drain well. Pat dry, then wrap in paper towels. Place in plastic bag and refrigerate.(Can be prepared 1 day ahead.)

Combine beans, tomatoes, onion and basil in serving bowl. Whisk oil, vinegar and sugar in small bowl to blend. Season dressing with salt and pepper. Add dressing to vegetables; toss to coat. Cover, chill at least 1 hour and up to 4 hours, tossing occasionally. Serve salad cold or at room temperature.

Nutrition Facts

Serving Size: 229g | Servings: 6

Amount Per Serving

Calories 160 | Calories from Fat 110 | Total Fat 12g (sat fat 1.5g trans 0g) | Cholesterol 0mg | Sodium 10mg | Total Carbohydrate 13g | Dietary Fiber 4g | Sugars 7g | Protein 3g | Vitamin A 30% | Vitamin C 45% | Calcium 6% | Iron 8%