

Recipe – White Bean Salad with Parsley and Lemon Juice

Ingredients:

- 2, 15 oz. cans white beans, drained and rinsed well
- 4 celery stalks, finely chopped
- 1 cup cabbage, finely chopped
- ½ red onion, chopped
- 1 cup snow pea pods, sliced on the diagonal or coarsely chopped
- 1 cup (or 4 large leaves deveined) kale, spinach, arugula, finely chopped
- 1/2 cup parsley, chopped
- 3 TBS dulse flakes (a sea vegetable)
- dash cayenne pepper
- dash salt and pepper to taste
- ¼ cup olive oil
- ¼ cup white balsamic vinegar
- 1 lemon, juiced

Directions:

In a large bowl, mix together all the above ingredients in the order listed

Toss well to ensure even distribution of salt, pepper, olive oil, vinegar and lemon juice

Serves 8