

## South Beach Cannellini Bean Salad

2 TBS extra-virgin olive oil  
1 TBS red wine vinegar  
1 TBS minced onion  
3/4 tsp dried oregano (or herb of your choice)  
2 medium cucumbers, peeled seeded and diced  
1 (15-ounce) can cannellini beans, rinsed and drained  
1 red bell pepper, finely chopped  
Salt and pepper to taste

Whisk together oil, vinegar, onion & oregano in large mixing bowl. Add cucumbers, beans and bell pepper; toss to combine. Season with salt & pepper and serve. Makes 4 (1-cup) servings - 180 calories per serving.



## South Beach Cannellini Bean Salad

2 TBS extra-virgin olive oil  
1 TBS red wine vinegar  
1 TBS minced onion  
3/4 tsp dried oregano (or herb of your choice)  
2 medium cucumbers, peeled seeded and diced  
1 (15-ounce) can cannellini beans, rinsed and drained  
1 red bell pepper, finely chopped  
Salt and pepper to taste

Whisk together oil, vinegar, onion & oregano in large mixing bowl. Add cucumbers, beans and bell pepper; toss to combine. Season with salt & pepper and serve. Makes 4 (1-cup) servings - 180 calories per serving.

