



## THE CHEESE LADY | FAVORITE RECIPES

# BEAN SALAD WITH LEMON DRESSING AND SHAVED MANCHEGO



SERVINGS



OVEN



20-25 MINUTES

**ITEMS NEEDED**

Small Pan

Cheese Grater (or use a vegetable peeler and knife to chop finely)

Stirring Utensils

**INGREDIENTS****3** Garlic Cloves**3-4 CUPS** Drained, canned or fresh Beans (any of the following beans or combination: Black, Kidney, White, Green, Pinto, Edamame)**½ CUP** Extra Virgin Olive Oil**½ CUP** Fresh Parsley**1 CUP** Chopped Celery**1 CUP** Chopped Red or Yellow Onion**2-3** Zest and Juiced Lemons or Lemon Juice**¾ CUP** Shaved ManchegoSalt and Pepper **to Taste****DIRECTIONS**

1. Over a low heat in a small pan saute garlic for a couple minutes, do not let it brown or bubble a lot.
2. Mix all the ingredients together including the garlic and warm oil. At this point if you want more olive oil or lemon juice, add some.
3. Add salt and pepper to your taste. Refrigerate for at least 4 hours. Serve cold.

**Photo courtesy of Brian P. who tested the recipe.**

"Easy to prepare. Excellent taste and great protein dish."

