WHITE BEAN SALAD

INGREDIENTS:

1 CUP	BEANS, WHITE, RINSED AND DRAINED	1 TABLESPOON	FRESH LEMON JUICE
¼ CUP	TOMATOES, DICED	¼ TEASPOON	SALT
¼ CUP	RED ONION, DICED	¼ TEASPOON	PEPPER, GROUND
¼ CUP	BASIL, FRESH, CHOPPED		
1 TEASPOON	OLIVE OIL		

METHOD:

- Combine all ingredients in a medium bowl.
- Mix well until combined.
- Serve cold.

Servings: 4
Serving Size: ¼ cup
Calories: 70
Fat: 2 gm **Sodium:** 140 mg **Carbohydrates:** 10 gm **Protein:** 3 gm **Fiber:** 3 gm