

Ingredients

- 2 cup – green beans
- 2 clove – garlic
- 1 medium – tomato, red
- 2 medium – carrot
- 1 medium – bell pepper, yellow
- 15 ounce – black beans, canned
- 2 tablespoon – basil, fresh
- 1 tablespoon – oregano, fresh
- 1 tablespoon – parsley, fresh
- 3 tablespoon – lemon juice
- 3 tablespoon – olive oil
- $\frac{1}{8}$ teaspoon – salt
- $\frac{1}{8}$ teaspoon – black pepper, ground

Directions

1. Before class, steam green beans in a steamer basket for 5 minutes.
2. Press garlic, chop tomato, thinly slice carrots and bell peppers.
3. Combine all ingredients in a bowl, and refrigerate for at least 30 minutes.

*IN a pinch? I also make this salad with Zesty Italian dressing if I don't have fresh herbs.