

MOURAD'S SOUTHWESTERN FOUR BEAN SALAD



DIRECTIONS

Cook the green beans in the microwave to desired tenderness. Drain with the other beans. Set aside.

Incorporate lime, oil and spices in a large mixing bowl. Add all other ingredients and mix until coated.

Note: There's salt in the taco seasoning but you may need to add a pinch more.

Suggested uses: Side dish, large salad meal on top of greens with avocado and egg wedges, top with grilled veggies, Ahi tuna, etc.

SHOPPING LIST

1 lb fresh green beans,
trimmed and cut into 1/2
inch pieces

1 15 oz can black, garbanzo
and kidney beans washed &
drained

2 to 4 radishes thinly sliced

1 to 2 celery ribs thinly
sliced

5 to 10 grape tomatoes
quartered

1/2 Jalapeno pepper diced
small

2 limes juiced

2 tsp olive oil or avocado oil

1 tsp cumin

1/2 tsp chili powder

1 tbsp taco seasoning

1/2 bunch cilantro finely
chopped