



READ[®]

MIDDLE EASTERN INSPIRED BEAN SALAD

SERVES: 6 SERVINGS | PREP & COOK TIME: 20 MINUTES

INGREDIENTS

- 1 can (15 ounces) READ 3 or 4 Bean Salad
- 1/2 cup halved cherry or grape tomatoes
- 1 small cucumber (4 to 5 inches long) cut in half lengthwise, then thinly sliced crosswise
- 2 green onions, thinly sliced
- 1/2 cup chopped fresh parsley
- 2 tablespoons chopped fresh mint
- 1 small clove garlic, minced

INSTRUCTIONS

1. Drain bean salad. Discard liquid. Place bean salad in large bowl.
2. For dressing, combine hummus, lemon juice and za'tar seasoning; set aside.
3. Add tomatoes, cucumber, onions, parsley, mint, garlic and red pepper flakes to bean salad. Toss to combine. Add dressing to salad just before serving; toss to combine well. Serve immediately or chilled.

FIND IT ONLINE:

<http://www.readsalads.com/recipes/2017/7/17/middle-eastern-inspired-bean-salad>

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