



Ingredients

- ✓ 2 med or 1 large cucumber, diced
- ✓ 2 – 3 tomatoes, diced
- ✓ ½ cup red, white, or green scallions, chopped
- ✓ 1 cup green beans or sugar-snap peas, chopped
- ✓ 2 (15oz.) cans white beans, rinsed & drained
- ✓ 2 cloves garlic, minced
- ✓ 2 – 3 Tbs. extra virgin olive oil
- ✓ The juice of 2 fresh limes
- ✓ 2 – 3 Tbs. fresh herbs, chopped
- ✓ Salt & Pepper (to taste)

Notes:

- Remove cucumber seeds if they are large or tough.
- Substitute whatever may be available in your garden for the green beans or sugar-snap peas.
- Try Navy, Great Northern or Cannellini white beans.
- For the fresh herbs try using cilantro, basil, mint or dill.

Preparation

Add all ingredients to a large mixing bowl. Mix well to combine. To increase flavors, allow to sit for a little while before serving. Serve cold or at room temperature. Enjoy as a side dish, over pasta, in a wrap or as a light meal.