



Green Bean and Tomato Salad



Serving
4-6



Prep
20 Minutes



Contributer
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- 1 lb Green beans
- 1 tbsp Chopped basil
- ½ pt Cherry tomatoes
- 2 Minced garlic cloves
- 1 Minced shallot
- 1 tbsp Chopped chives
- 1 tbsp Balsamic vinegar
- Pinch Salt and pepper
- ½ tsp Dijon mustard
- 1 tbsp Olive oil

1. Boil beans until tender-crisp.
2. Whisk together vinegar, Dijon, salt and pepper. Add garlic, shallots, chives & basil. Slowly whisk in oil.
3. Combine beans, tomatoes & add dressing. Toss.

DIETITIAN'S MESSAGE

A fresh and healthy summer salad! Delicious on its own or as a side dish.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
Canadian Consortium
on Neurodegeneration
in Aging



CCNV
Consortium canadien en
neurodégénérescence
associée au vieillissement