

Greek-Flavored Butter Bean Salad

Yield: 6 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-lima-bean-salad-recipe>

Ingredients:

- 3 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon honey
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 16 ounces butter beans preferably no-salt-added, rinsed and drained
- 1/2 English cucumber or 2 Persian cucumbers, halved and thinly sliced
- 1/2 red onion medium, thinly sliced
- 1 roasted red bell pepper thinly sliced, homemade or store-bought
- 1/2 cup fresh flat leaf parsley chopped
- 1/4 cup fresh dill chopped
- 10 whole pitted kalamata olives about 1/4 cup/50 g
- 1/2 cup crumbled feta cheese

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 10 milligrams
4. Fat: 10 grams
5. Fiber: 15 grams
6. Protein: 18 grams
7. SaturatedFat: 3 grams
8. Sodium: 260 milligrams
9. Sugar: 9 grams

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