

Mediterranean Bean Salad (Turkish Piyaz in 10 Minutes!)

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-piyaz-recipe>

Ingredients:

- 30 ounces white beans 500g beans without liquid, See Notes
- 2 tablespoons bean liquid, from can or homecooked broth
- red onion ½ large, 200g, ½-in, root-to-stem slices
- 1 1/2 tablespoons lemon juice
- 3 tablespoons olive oil
- 1/4 salt teaspoon
- 1 tablespoon sumac or use 1 teaspoon more lemon juice
- fresh tomatoes 2 large, 200g, diced
- 30 grams parsley leaves minced

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 48 grams
3. Fat: 10 grams
4. Fiber: 11 grams
5. Protein: 16 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 65 milligrams
8. Sugar: 2 grams

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