



## Green Bean Tomato Salad with Maple Basil Dressing

Ingredients: Serves 4

1 pound green beans, trimmed  
1 tomato, chopped

### Maple Basil Dressing

2 tbsp. olive oil  
3 tbsp. apple cider vinegar  
1 tbsp. fresh lemon juice  
3 tbsp. maple syrup  
2 tbsp. Dijon mustard  
1 shallot, minced  
3 garlic clove, minced  
4 fresh basil leaves, chopped  
½ cup basil & tomato feta cheese  
Salt & Pepper to taste

### Nutritional Information:

- Servings: 1
- Calories: 162 kcal
- Fat: 10.3 g
- Saturated Fat: 2.7 g
- Unsaturated Fat: 5.7 g
- Cholesterol: 10 mg
- Sodium: 358.6 mg
- Carbohydrates: 16.2 g
- Fiber: 1.7 g
- Sugar: 12.5 g
- Protein: 3.3 g

### Instructions:

- Bring large pot of water to boil; add beans and cook until just tender, 3-4 minutes, depending on the thickness of the beans. Drain beans and rinse with cold water; drain again; set aside.

### Maple Basil Dressing:

- In a medium bowl, whisk together olive oil, vinegar, lemon juice, maple syrup and mustard. Add shallot, garlic and basil; season to taste with salt and pepper.
- Arrange beans and tomatoes on serving platter; drizzle dressing on top.