

# Green Bean Salad

written by admin | September 26, 2011



"Vitamins, minerals, amino acids (protein), enzymes, carbohydrates, fats, water and fiber are all essential components of a healthy diet, and every one of these essential components can be found in RAW fruits and vegetables." (*Recipes for Life*, pg.68)

Another beautiful, crunchy salad to help you include more RAW, living nutrition in your diet. Sprinkle with raw sunflower or pumpkin seeds for even more nutrition and crunch.

## **Equipment:**

Cutting Board  
Small Bowl  
Medium Bowl

## **Ingredients:**

1 cup red onion, slivered thin  
juice of one lemon  
2 1/2 cups green beans, cut into 1-inch pieces  
10-12 cherry tomatoes, quartered  
1 large garlic clove, minced or pressed  
2 tsp Bragg Liquid Aminos or tamari or soy sauce  
1 Tbsp olive oil  
1/4 tsp rosemary, crushed

**Directions:**

1. Place slivered onions with the lemon juice in a small bowl. Allow to marinate while preparing the remaining ingredients.
2. Combine all of the ingredients in a medium bowl, cover and refrigerate several hours or overnight.

from *“Recipes for Life”* by Rhonda Malkmus