

Vegetable (Chinese Long Bean) Salad w/Feta

1/2 pound Chinese long beans or green beans cut into 1/2" pieces

1 cup crumbled feta cheese

1 cup mung bean sprouts

1/4 cup finely chopped scallions, green part only

1 med cucumber, peeled, seeded, and cut into 1/4" cubes

1 red bell pepper, julienned

Salt to taste

Ground white pepper to taste

Nutritional Facts:

Calories = 137, Fat = 4g, Sat. Fat = 3g,

Fiber = 4g, Protein = 11g, Carbs = 14

Dressing:

1/4 cup black vinegar

2 tbs strong dark tea

2 tbs lime juice

2 tbs chopped chives

2 tbs chopped lemongrass

Instructions:

To make dressing: In a medium bowl, combine the vinegar, tea, lime juice, chives, and lemongrass.

To make the salad: Blanch the beans in boiling water for about 2 minutes. In a large bowl, combine the beans with cheese, bean sprouts, scallions, cucumber, and bell pepper. Mix with the dressing. Adjust seasoning to taste with salt and ground white pepper.

Chill before serving.

Makes 4 servings

Source: The South Beach Diet Cookbook