

# Green salad with beans and black olive dressing



## Ingredients (serves 2)

100 g green leaves (lettuce, arugula...)

80 g cooked white beans

2 red tomatoes

½ spring onion

½ courgette

8 canned asparagus

Celery leaves

Black olive paste

Lemon juice

Oregano

Extra virgin olive oil

Salt (Skip in case of hypertension or fluid retention)

Pepper

## Method

1. Wash the lettuce. Peel the spring onion and cut it into thin slices.
2. Wash and shave thin courgette slices with a mandoline.
3. Wash and drain the white beans and reserve.
4. For the tomato sauce: Grate the tomatoes and season with salt, pepper, oil, and oregano.
5. For the vinaigrette: In a small bowl mix the lemon juice, virgin olive oil and a tablespoon of black olive paste with a pinch of pepper. Reserve.
6. Arrange the salad, beans and courgette in a bowl alternating layers. Add the asparagus and the celery leaves on top.
7. Season with tomato sauce and vinaigrette.