

Crunchy salad with green beans, walnuts and feta cheese



Since it's Meatless Monday, i thought that a simple, colorfull and healthy salad, would be a good idea. With walnuts, which makes it awesome salad day!

Give it a try and thank me later!

Server: 1

You'll need:

- Green beans – 200g
- Feta Cheese – 100g
- Walnuts – a handful (the more the better)
- Cauliflower – 50g
- Water – 1L

Bring 1l of water to boil and add a pinch of salt. When the water is boiling soak the green beans and cauliflower until tender but still crisp, about 3 – 5 minutes. Drain the hot water and let the beans and cauliflower cool. Add the beans and cauliflower in a bowl and then sprinkle a few drops of olive oil, crumbled feta cheese and a dash of salt. In another pan roast for a few minutes the walnuts (the more the merrier). Add roasted walnuts to your salad and enjoy it.









Foto: Ionela Stoica