

Italian Green Bean Salad



Plan Z Phase: This is a Z2 (ZReduction) recipe. This is a fun, colorful side dish to enjoy with a simple portion of proteins. It goes together so fast! You can even prep this salad in the morning and finish assembly just before dinner.

Servings: Serves 4

Ingredients:

- 2 cups of green beans
- 6 small tomatoes or 12 cherry tomatoes
- 15-ounce can of hearts of palm (rinse thoroughly) I use the pieces. Or you can cut up the longer ones.
- 1/2 cup of very thinly sliced red onion
- 1 cup of celery pieces
- baby spinach
- 3 Tbl of dressing. Use Italian or an Italian vinaigrette

Instructions:

Put a medium pot of water on to boil. Put in your cut up green beans. Heat them in the water. When it begins to boil, take them out after one minute and immediately run them under cool water until they are cold. This will stop them cooking and you want

them to remain crisp.

In a large bowl add the cool beans all of the other ingredients EXCEPT the spinach. The spinach goes in at the last minute.

Now toss thoroughly. You want your salad to remain in the bowl and let the flavors mix for an hour. Read the paper, watch the news. . . whatever. Or you can make this in the morning and let it sit in the refrigerator.

Grate on sea salt and pepper to taste. Now toss in a bunch of baby spinach. How much you put in of this unlimited green is up to you. Toss again and serve.

A nice, cool side dish.

Enjoy!

Cheers,