

Butter Bean Salad with Feta

Prep: 15 minutes • Cook: 0 minutes

Creamy butter beans tossed with sumac-pickled red onions, crisp cucumber, fluffy parsley, and briny feta in a bright red wine vinaigrette—fresh, tangy, and deeply satisfying in just 15 minutes.

Ingredients

- 1/4 cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 2 teaspoons sumac
- 1 teaspoon dried oregano
- 1 teaspoon honey
- 1/4 to 1/2 teaspoon fine sea salt
- 1/2 cup red onions (thinly sliced)
- 2 cans (15 oz each) butter beans (rinsed and drained)
- 1 English cucumber (finely chopped (1/4-inch cubes))
- 1 cup curly parsley (tightly packed, finely chopped)
- 1 cup feta cheese (crumbled)
- as needed plain Greek yogurt (for serving, optional)

Instructions

1. In a large bowl, whisk together 1/4 cup extra virgin olive oil, 3 tablespoons red wine vinegar, 2 teaspoons sumac, 1 teaspoon dried oregano, 1 teaspoon honey, and 1/4 to 1/2 teaspoon fine sea salt.
2. Add 1/2 cup thinly sliced red onions to the dressing, toss to coat, and set aside for at least 10 minutes to soften and quick-pickle.
3. Finely chop the English cucumber into 1/4-inch (1 cm) cubes and finely chop the curly parsley (to make a tightly packed 1 cup).
4. Add the drained and rinsed butter beans to the bowl with the onions and dressing; toss well to coat. Add the chopped cucumber, parsley, and crumbled feta; toss gently to combine. Taste and adjust seasoning as needed.
5. Optional serving: Spread plain Greek yogurt on plates, drizzle with olive oil and a pinch of sumac, then spoon the salad on top.

Tags: Salad, Mediterranean, High Protein, Gluten Free, Vegetarian, Quick and Easy

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