

Navy Bean Salad Toastie

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 can of cooked navy beans, organic
- 1/2 red onion, finely chopped
- 1 garlic clove, minced
- 2 stalks celery, chopped
- DRESSING
- Squeeze of lemon
- Sea salt and pepper to taste
- Drizzle of extra-virgin olive oil
- If it needs some more acid, then add a few drops of red wine vinegar (let your taste buds tell you)

Instructions:

1. Put the cooked beans into a large salad bowl. Using a potato masher, mash some of the beans. Add the remaining ingredients, including the dressing. Spoon over top of sweet potato toastie.
2. This recipe will make more than enough that you can enjoy the rest as a salad.