

A Sutherland Belle

Southern Mediterranean Butter Bean Salad

There is something magical about the way Southern butter beans soak up a lemony vinaigrette. They turn silky and rich, almost buttery, against the brightness of fresh cucumber, ripe tomatoes, parsley, and sharp red onion. This salad feels like the South wandered onto a sun-drenched Mediterranean coast and decided to stay awhile. It is simple, fresh, endlessly scoopable, and somehow tastes even better after it sits for an hour on the counter while everyone sneaks bites straight from the bowl.

INGREDIENTS

- 2 (15.5-ounce) cans seasoned butter beans, lightly rinsed and drained
- 2 cups Roma tomatoes, seeded and diced
- 1 ½ cups English cucumber, seeded and diced
- ½ cup red onion, finely diced
- 2 garlic cloves, finely minced
- 2 to 3 tablespoons good olive oil
- 2 to 3 tablespoons fresh lemon juice
- ¼ cup fresh parsley, roughly chopped
- Kosher salt
- Freshly cracked black pepper

INSTRUCTIONS

1. Combine butter beans, tomatoes, cucumber, red onion, garlic, olive oil, lemon juice, and parsley in a large bowl. Gently toss until evenly coated.
2. Season with kosher salt and black pepper to taste. Let sit 15 to 20 minutes before serving so flavors can mingle.
3. Best served at room temperature.

STORAGE

Refrigerate: Store in an airtight container for up to 5 days.

Serve Again: Stir before serving and refresh with an extra squeeze of lemon juice or drizzle of olive oil if needed.