

# Nectarine and feta cheese salad with poppy seed dressing



20 min.



172 kcal



SteviaSweet Liquid

## Preparation

Start by preparing the dressing. Peel the red onion and slice thinly. Mix the lemon juice, olive oil, [SteviaSweet Liquid](#), poppy seeds and onion. Season the dressing with salt and pepper to taste and set aside while you make the salad.

Bring a pan of water to a boil. Wash and trim the beans. Add salt to the boiling water and cook the beans for 3 to 4 minutes. Then rinse in cold water. Dry the beans with a dish cloth or paper towel.

Chop the cucumber and nectarines into pieces. Mix the beans, cucumber and nectarines in a bowl or on a large plate. Crumble the feta on top and add the dressing. Finally, add the fresh herbs.

A good accompaniment to grilled chicken or fish, for example.

## Ingredients for 4 servings

150 g	green beans
2	ripe nectarines (or peaches)
150 g	cucumber
100 g	feta
	handful of mint leaves
	handful of coriander leaves

## Dressing

1	small red onion
1 tbsp	lemon juice
2 tbsp	olive oil
10 drops	<a href="#">SteviaSweet Liquid</a>
1 tbsp	poppy seeds
	salt, pepper

## Nutritional information per portion

172	kcal
721	kJ
7	g Protein
10	g Carbohydrates
11.5	g Fat