Tuscan Bean Salad with Tomatoes and Arugula

2 (14 oz.) cans unsalted cannellini beans
1 large red bell pepper, seeded and diced
2 ripe medium tomatoes, diced
1 cup fresh arugula
½ cup red onion, chopped
¼ cup Italian parsley, chopped
2 cloves garlic, chopped
¼ teaspoon lemon pepper, optional
1/3 cup extra-virgin olive oil
2 Tablespoons balsamic vinegar
1 Tablespoon red wine vinegar
Salt and pepper to taste

Wash hands with soap and water. Combine all ingredients and toss gently in a large bowl. Eat immediately or refrigerate for one hour before serving to let flavors blend.

Yield: 8 servings as a side salad or 4 servings as a main dish

Nutrition Facts (per serving): 180 calories, 10 grams fat, 40 milligrams sodium, 18 grams carbohydrate, 5 grams fiber, 6 grams protein