



# White Beans & Tomatoes Salad

## White Beans and Tomatoes Salad

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|---|-------------------------------|
| 1 – 14.5 ounce cannellini beans,<br>no salt added – drained and<br>rinsed | 1 tablespoon red wine vinegar |
| 3 Roma tomatoes, seeded and<br>diced                                      | 1 tablespoons olive oil       |
| 1/3 cup red onion, chopped  | 1 garlic clove, minced        |
| 1/2 cup fresh basil leaves,<br>chopped                                    | 1/4 teaspoon salt             |

## Directions

1. Add vinegar, garlic, and salt to a small bowl. Add olive oil in a slow stream while whisking ingredients.
2. In a larger bowl combine beans, tomatoes, onion, and basil.
3. Pour oil and vinegar mixture over bean mixture and stir to combine flavors. **Makes 4 servings.**

**STORAGE:** Store in the refrigerator in a sealed container for 3-5 days.

**Nutrition Facts per 3/4 cup serving:** 152 calories, 6g. protein, 5.5 g total fat, (saturated fat 1 g), 0 mg cholesterol, 16 g carbohydrates, 5 g dietary fiber, 180 mg sodium