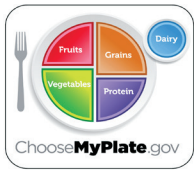


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GARDEN CANNELLINI BEAN SALAD

Chopped tomatoes, bell peppers, and cucumbers combine with cannellini (white) beans, almonds, and a simple vinaigrette, for a delicious and satisfying salad.

Preparation time: 45 minutes

Serves: 4

INGREDIENTS:

Dressing

- 1 tbsp olive oil
- 2 tsp white wine vinegar
- ½ cup apple juice
- 1 tbsp tomato basil garlic seasoning blend, no-salt

- ½ yellow bell pepper, chopped
- ½ cucumber, peeled, chopped
- 3 green onions, sliced
- 2 14½ oz cans cannellini (white) beans, no-salt-added, drained, and rinsed
- Large lettuce leaves (Boston, Bibb, or romaine)

Bean Salad

- ½ cup almond slivers
- 2 tomatoes, coarsely chopped

DIRECTIONS:

1. Whisk together dressing ingredients in a small bowl.
2. In a small sauté pan, toast almond slivers until golden.
3. Remove from pan and let cool.
4. In a medium bowl, toss dressing with all ingredients except lettuce.
5. Refrigerate until ready to serve.
6. To serve, place lettuce leaves on individual plates; top with salad.

Serving Suggestions:

Serve with an 8 oz glass of non-fat milk, 1 slice of whole-grain bread, and pear slices (about ½ pear).



Food Group Amounts	
Dairy	--
Fruits	--
Vegetables	1 cup
Grains	--
Protein	3 oz

Nutrition Facts	
Serving Size (363g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 33g	11%
Dietary Fiber 9g	36%
Sugars 8g	
Protein 11g	
Vitamin A 35%	Vitamin C 90%
Calcium 10%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Submitted by Produce For Better Health Foundation



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