

Italian WHITE BEAN Salad



WAC Fun Food Fact

Beans are a great addition to your summer meals! They are high in fiber, so the carbs are slow to digest, meaning they have a positive effect on blood sugar. Adding beans is also a smart way to lean a little more toward plant based protein. Try pairing a smaller burger with a portion of bean salad for a healthy protein balance.

INGREDIENTS

- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 teaspoon dried rosemary, crushed
- ¼ teaspoon black pepper
- ⅛ teaspoon salt
- 1 (15 ounce) can no-salt-added white kidney beans (cannellini beans), rinsed and drained
- 1 medium tomato, chopped (½ cup)
- 2 tablespoons snipped fresh parsley
- 1 teaspoon capers, drained

PREPARATION

In a medium bowl whisk together lemon juice, olive oil, garlic, rosemary, black pepper and salt. Stir in beans, tomato, parsley and capers. Divide evenly among four serving plates.

4 servings

From: EatingWell.com

NUTRITION INFORMATION

Serving size: ½ cup

Per serving: 121 calories; 4 g fat(1 g sat); 5 g fiber; 16 g carbohydrates; 5 g protein; 10 mcg folate; 0 mg cholesterol; 1 g sugars; 428 IU vitamin A; 10 mg vitamin C; 46 mg calcium; 2 mg iron; 129 mg sodium; 302 mg potassium

Recipe of the Month | JULY



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