

Garden Bean Salad

Serves 6

Ingredients:

Salad

1/2 cup chopped nuts
3 tomatoes, coarsely chopped
1 small bell pepper, chopped
1 small cucumber, chopped
3 green onions, chopped
2-14½ ounce cans white beans (Great Northern, chickpeas, cannellini, or navy), drained and rinsed
Romaine or Spinach leaves

Dressing

1 Tablespoon olive oil
2 teaspoons white vinegar
1/2 cup apple juice
1 Tablespoon chopped fresh basil or 1 teaspoon ground basil
1 clove garlic, minced or
1 teaspoon garlic powder

Directions:

1. Mix together dressing ingredients in a small bowl. Set aside.
2. In a small fry pan, toast nuts stirring constantly. Let cool.
3. In medium bowl, add all salad ingredients, except greens and nuts. Stir in dressing.
5. Refrigerate. Serve cold on top of Romaine or Spinach leaves. Top salad with nuts.



Recipe adapted from Produce for Better Health Foundation

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