



# Lemony White Bean Salad

Servings 6 | Prep time 15 mins. | Total time 15 mins.

## Equipment:

Cutting board  
Large bowl  
Whisk or fork  
Can opener

## Utensils:

Knife  
Measuring cups and spoons

## Ingredients

½ cup olive OR vegetable oil  
3 tablespoons lemon juice (about 1 lemon) OR white vinegar  
1 tablespoon Dijon mustard  
3 cloves garlic, minced OR 1 tablespoon garlic powder  
¼ teaspoon black pepper  
2 15.5 ounce cans no salt added white beans (navy, Great Northern, cannellini, etc.), drained and rinsed  
½ small onion, thinly sliced  
2 cups (about ½ bunch) kale, torn into small pieces and large center stems removed  
½ cup jarred roasted red peppers (optional)

## Instructions

1. Before you begin, wash your hands, surfaces, vegetables, tops of cans, and utensils.
2. In a large bowl, use a whisk or fork to mix together olive oil, lemon juice, Dijon mustard, garlic powder, and black pepper.
3. Add beans, onion, kale, and roasted red peppers (if using). Toss to combine.
4. Refrigerate for at least one hour before serving.

## Nutritional Information:

Calories 300  
Total Fat 19g  
Sodium 70mg  
Total Carbs 26g  
Protein 10g