



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

1/2 cup olive oil 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
1/4 teaspoon black pepper
2 15.5 ounce cans no salt added white beans (navy, Great Northern, cannellini, etc.), drained and rinsed
1/2 small onion, thinly sliced
2 cups (about 1/2 bunch) kale, torn into small pieces and large center stems removed
1/2 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