



Lemony White Bean Salad

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

Equipment: Cutting board, measuring cups and spoons, large bowl, whisk or fork, can opener

Utensils: Knife

Ingredients

½ cup olive or vegetable oil
3 tablespoons lemon juice or vinegar
1 tablespoon Dijon mustard
1 tablespoon garlic powder
¼ teaspoon black pepper
2 14 ounce cans no salt added Great Northern or cannellini beans, drained and rinsed
½ small onion, cut into thin slices
2 cups kale (about ½ bunch), large center ribs removed and torn into small pieces
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 whisk together olive oil, lemon juice, Dijon mustard, garlic powder, and black pepper.
3. Add beans, onion, kale, and roasted red peppers (if using), and 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