

Side | Lunch

Tasty Tomato Bean Salad

10 Mins
Prep Time

0 Mins
Cook Time

8
Servings

 **176 Calories** **6g Fat** **22g Carbs** **10g Protein**



Ingredients

 **8 Servings**  **10 Mins Total Time**  **Allergens: Dairy**

2 Cans (15 oz) Cannellini Beans, drained and rinsed 

1 Pint Cherry Tomatoes, halved (**Wash under cold running water before chopping**) 

½ Cup Pasteurized Feta Cheese

¼ Cup Parsley, chopped (**Wash under cold running water before chopping**)

2 Tbsp Extra Virgin Olive Oil

1 Tbsp Red Wine Vinegar

1 Shallot, minced

1 Clove Garlic, minced

1 Tsp Dried Oregano

Salt and Pepper, to taste

Allergen Swap

Dairy Omit feta cheese

Nourishment Note



Beans

Beans contain healthy amounts of fiber to help with heart health and digestive regularity. They also contain plant protein to help build and maintain muscle, and folate to aid in the growth of new and healthy cells.



Tomatoes

Tomatoes are rich in vitamin C, necessary for immune function. They also contain lycopene, a phytochemical that may benefit skin health.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Ingredients

In a large bowl, combine the rinsed beans, halved cherry tomatoes and feta and set aside.

3. Whisk Vinaigrette

In a small bowl, whisk together the vinaigrette ingredients (oil, vinegar, shallot, garlic, oregano, salt and pepper).

4. Mix

Drizzle vinaigrette over bean mixture. Mix to evenly coat. Top with chopped parsley and additional feta cheese, if desired.

5. Serve and Enjoy

Eat and enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from [Chef Jen](#)

What You'll Need



Can Opener



Colander



Cutting Board



Knife



Bowls (1 Large, 1 Small)



Mixing Spoon



Whisk



Measuring Spoons



Measuring Cups

Fatigue Buster

- Ask a friend or family member to help make this dish.
- Top with a commercially prepared vinaigrette.