



# SUMMERY WHITE BEAN SALAD



## INGREDIENTS:

- 1.5 cups (1 15-oz. can) cooked white beans (cannellini, butter, chickpea, black-eyed peas, etc.)
- 1 cucumber, chopped
- 1 cup cherry or sweet 100 tomatoes, halved or quartered
- 2 green onions, sliced OR a handful of chives, chopped (optional)
- 1/4 cup chopped parsley (or herb of your choice), or to taste
- 2-3 T. freshly squeezed lemon juice (~1 medium-small lemon or ~1/2 of 1 large lemon), or to taste
- 2 T. olive oil
- 2 T. roughly chopped capers, or to taste
- Freshly cracked pepper, to taste
- Salt, to taste – you may not need more salt if you are using salted beans and lots of capers

## DIRECTIONS:

1. Drain and rinse beans well.
2. Rinse and prepare produce.
3. Add beans, cucumber, tomatoes, green onions/chives, and herbs to a large bowl and stir.
4. In a smaller bowl, make the dressing. Thoroughly mix the lemon juice, chopped capers, olive oil, pepper, and salt.
5. Add the dressing to the beans and mix well. Taste for seasoning and adjust if necessary.

Serves 4.

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