

Recipe for

WHITE BEAN SALAD

EQUIPMENT NEEDED knife, cutting board

SERVES 2 ESTIMATED COST \$4.25 COST PER SERVING \$1.06

INGREDIENTS

- 2 cups cooked white beans, cooled (see recipe Cooked White Beans)
- 1/2 cup red onion, diced
- 1/2 cup tomato, diced
- 1/2 cup yellow bell pepper or other color, diced
- 1 ea lemon, juiced
- 1 tbsp olive oil
- 1/2 tsp salt
- ground black pepper, to taste
- 1/4 cup fresh parsley, chopped

METHOD OF PREPARATION

1. In a medium serving bowl, combine all ingredients and mix well.
2. Taste and adjust seasonings.
Enjoy!

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NUTRITION INFORMATION

White Bean Salad

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	152.7 kcal	8 %
Total Fat	4 g	6 %
Saturated Fat	0.5 g	2 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	537 mg	22 %
Total Carbohydrate	23.4 g	8 %
Dietary Fiber	6 g	24 %
Sugars	2.9 g	
Protein	5.8 g	12 %
Vitamin A	2 % • Vitamin C	81 %
Calcium	6 % • Iron	13 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

HEALTH BENEFITS

Parsley – excellent source of Vitamin K which aids in blood clotting. This vitamin also supports healthy bone growth and density.

HEALTH BENEFITS

White Beans - rich source of fiber and protein both of which will help you feel full longer. Also a great source of folate which helps produce red blood cells and is vital to the growth of a fetus during pregnancy.



References:

1. Recipe provided by Reanetta Perkins

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