

White Bean Salad with Broccoli and Basil

EASY | RECIPE

Ingredients:

- 3 cups fresh broccoli florets
- 1 can (15 oz.) white beans (drained and rinsed) or 2 cups cooked beans
- 1 cup grape tomatoes or chopped tomatoes
- ¼ cup fresh basil leaves, chopped

Dressing:

- 2 tbsp olive oil
- 2 tbsp red wine vinegar
- 2 tbsp tomato juice
- ¼ tsp fresh ground black pepper

1. Steam the broccoli florets for 2 minutes. Rinse under cold water to stop cooking.
2. In a serving dish place broccoli, beans, tomatoes and basil.
3. Whisk together dressing and pour over salad. Gently combine and serve.



Makes 6 cups. Per ½ cup serving:

50 calories | 3g protein | 2.5g total fat | 9g carbohydrates | 3g fiber | 95mg sodium

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