

## Garden Cannellini Salad

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*Beans don't only have to be enjoyed in soups and stews. Change up your usual salad with this herby cannellini salad that is perfect as a light lunch or as a side salad.*

**Yield:** 6 main dish servings  
12 side dish servings

**Serving Size:** 1 cup as main dish  
1/2 cup as side dish

### Ingredients:

#### Salad

- 1/4 cup whole almonds, chopped and toasted
- 2 tomatoes, coarsely chopped
- 1/2 yellow bell pepper, chopped
- 1/2 cucumber, peeled, chopped
- 3 green onions, sliced
- 2 (15.5 oz) cans cannellini (white) beans, drained and rinsed

#### Dressing

- 1/4 cup olive oil
- 1 Tablespoon apple cider vinegar
- 1/4 cup apple juice
- 1 tsp Italian seasoning blend, no-salt

### Instructions:

1. Whisk together dressing ingredients in a small bowl.
2. If almonds are not toasted, place a small sauté pan on medium heat, toast almonds until golden. Keep your eye on this to avoid burning the nuts. Remove from pan and let cool.
3. Chop almonds roughly.
4. In a medium bowl, toss dressing with all ingredients.
5. Refrigerate until ready to serve.

Per serving: Calories 340 kcal, Carbohydrates 44g, Protein 17g, Sat Fat 2g, Sodium 110mg, Fiber 11g, Added Sugars 0g

This recipe was taken from <https://www.myplate.gov/recipes/myplate-cnpp/garden-cannellini-bean-salad>