

Broccoli-and-Cannellini Bean Salad

Serving Size: 1 Cup | Makes 3 Cups

Ingredients:

- 1 ½ cup coarsely chopped broccoli florets
- 2 Tbsp red wine vinegar
- 2 tsp extra-virgin olive oil
- ¼ tsp pepper
- 1/8 tsp salt
- 1 garlic clove, minced
- ¼ cup finely chopped bottled roasted red bell pepper or chopped pimento
- ¼ cup finely chopped red onion
- 1 (15 oz) can cannellini beans or other white beans, rinsed and drained
- Lettuce leaves (optional)

Instructions:

1. Steam broccoli, covered, 3 minutes or until crisp-tender. Set aside.
2. Combine vinegar, oil, pepper, salt, and garlic in medium bowl, stir well.
3. Add broccoli, bell pepper, onion, and beans; toss gently.
4. Serve on lettuce-lined plates, if desired.
5. Can add shredded cheese on top.

Nutritional Information:

- Calories: 129
- Calories from fat: 25%
- Fat: 3.6 g
- Saturated fat: 0.4 g
- Monofat: 2.2 g
- Polyfat: 0.8 g
- Protein: 6.2 g
- Carbohydrate: 18.1 g