

White Bean Salad

8 ingredients · 10 minutes · 2 servings



Directions

1. Combine the beans, tomato, bell pepper, red onion, parsley (if using) in a mixing bowl. Add the oil and balsamic vinegar and season with salt and pepper to taste. Mix well.
2. Divide between bowls and season with additional balsamic vinegar or salt and pepper if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add fresh garlic or garlic powder, basil or chives, or feta or parmesan cheese.

No White Navy Beans

Use chickpeas or another white bean like cannellini beans.

No Tomato

Omit or use cherry tomatoes or sundried tomatoes instead.

More Greens

Serve salad over mixed greens or lettuce leaves.

Ingredients

1 1/2 cups White Navy Beans (cooked, rinsed well)

1 Tomato (medium, diced)

1/2 Red Bell Pepper (medium, diced)

1/4 cup Red Onion (finely chopped)

1/4 cup Parsley (finely chopped, optional)

2 tbsps Extra Virgin Olive Oil

2 tbsps Balsamic Vinegar

Sea Salt & Black Pepper (to taste)