

## White Bean, Parsley and Onion Salad

**Yield:** 10 servings

**Preparation Time:** 30 minutes

**Portion Size:**  $\frac{3}{4}$  cup (2  $\frac{3}{4}$  to 3 wt oz)

**Calories Per Serving:** 170 Kcal

### STEP 1

20 wt oz	Navy or Great Northern, canned	rinsed and drained	Toss well and let stand for 10 minutes.
1 $\frac{1}{2}$ fl oz	Lemon juice	or more to taste	
1 tsp	Ground coriander		
$\frac{1}{2}$ tsp	Ground black pepper	plus more to taste	

### STEP 2

$\frac{1}{2}$ tsp	Red pepper flakes		Add remaining ingredients and toss again. Taste and adjust seasoning, if necessary. Serve cold or at room temperature.
$\frac{1}{2}$ wt oz	Parsley, flat-leaf	chopped	
$\frac{1}{2}$ wt oz	Green onions	thinly sliced	
1 wt oz	Walnuts	finely chopped	
1 $\frac{1}{4}$ wt oz	Dried cranberries	chopped	
3 fl oz	Extra-virgin olive oil	plus more if desired	