



CHEF SAM'S WHITE BEAN TUSCAN SALAD

SERVINGS: 50 CALORIES: 203 KCAL

A super simple white bean salad flavored with olive oil, parsley, and garlic. This salad tastes delicious and is a colorful, flavorful side to add to your menu.

INGREDIENTS

13 pounds 4 ounces Beans, Great Northern, canned

3 pounds 2 ounces Tomatoes, plum and Italian, raw

1 cup (chopped) Parsley, raw

1 tablespoon Salt, kosher

1/2 tablespoon Pepper black, ground

1-1/2 cups Oil, Olive, salad or cooking

1/3 cup Garlic, minced

3 cups (chopped) Onions, red, raw

INSTRUCTIONS

1. Chop tomatoes into a small dice. Add beans, diced tomatoes and chopped parsley to a large bowl. Add salt and pepper. Mix well.

2. In a skillet over medium heat, heat olive oil. Once hot, add onions and garlic and saute until onions are translucent (3-5 minutes). Stirring constantly.

3. Add olive oil, garlic and onions to beans and tomato mixture. Mix well. Chill until ready to serve.

RECIPE NOTES

Note: canned diced tomatoes can be used in place of fresh tomatoes

Serving Size 3/4 cup

Crediting: 1/2 cup is 1/2 cup legume/vegetable

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 203 kcal | Fat: 7.03 g | Saturated fat: 1.05 g | Sodium: 436 mg | Carbohydrates: 28.56 g | Fiber: 6.43 g | Protein: 9.26 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.