Red Bell Pepper & White Bean Salad

6 servings

Prep Time: 10 min  Cook Time: 0 min

2 15-oz cans white navy beans, drained & rinsed
1 c. red onion, medium diced
1 red bell pepper, medium diced
1/2 cucumber, peeled and medium-diced
2 T. olive oil
2 T. apple cider vinegar
1 T. Dijon mustard
1 t. honey
1 garlic clove, finely minced
1/4 c. fresh basil, chopped

For dressing, whisk together olive oil, vinegar, mustard, honey, garlic, basil, adding salt & pepper to taste. Combine all other ingredients and a bowl and pour dressing over. Toss to coat. Taste and adjust seasonings, if needed. Can be made ahead of time, or served immediately.

Nutrition Facts per serving

Calories 213, Protein 11 g, Carbohydrate 32 g, Total Fat 5 g, Saturated Fat 1 g, Fiber 8 g, Sugar 3 g, Sodium 551 mg

This recipe is provided by Eat Well, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.