

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

salt and pepper to taste

For dressing, whisk together olive oil, vinegar, mustard, honey, garlic, basil, adding salt & pepper to taste. Combine all other ingredients in 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.