Healthy Recipe of the Month - April 2008

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White Bean, Red Onion, and Tomato Salad

From Cooking Smart, the American Cancer Society

Here's a very quick and easy recipe for a spring salad. It requires no cooking and only a minimum of chopping - it can be put together in less than 10 minutes. To make it a main course instead of a side salad, simply double serving size to 1 cup, and include a whole grain roll, a finish with a dish of vanilla yogurt topped with strawberry or pear slices.

Beans are an excellent source of protein, with ½ cup of cooked beans containing the equivalent protein content of 2 ounces of meat. There is research suggesting that using more plant-based proteins, such as that found in beans and other legumes, can reduce the risks for heart disease and some cancers. Beans are high in dietary fiber and contain a variety of beneficial vitamins, minerals, and other bioactive substances.

Ingredients

- 1 - 16 oz can of white beans, rinsed and drained
- 1 Tbsp. olive oil
- salt and pepper to taste
- 2 large ripe tomatoes, diced
- ¼ c. red onion, finely diced
• 2 Tbsp. fresh oregano, or 2 tsp. dried oregano

Place beans into a small bowl. Add olive oil, salt and pepper and mix gently. Add rest of ingredients and toss to mix.

Makes 4 servings, ½ cup each

**Nutrient analysis per serving**

• Calories 150
• Protein 7g
• Fiber 7g
• Saturated Fat 5g