

Side | Lunch

White Bean Salad with Basil Vinaigrette

10 Mins
Prep Time

0 Mins
Cook Time

4
Servings

414 Calories **26g Fat** **34g Carbs** **13g Protein**



Ingredients

4 Servings **10 Mins Total Time** **Allergens: Dairy**

Salad

1 Can (15.5 oz) Cannellini Beans, drained and rinsed

1 Cucumber, washed and chopped

1 Avocado, peeled and chopped

½ Cup Matchstick Radishes

½ Cup Cherry Tomatoes, washed and halved

¼ Cup Feta Cheese

¼ Cup Sunflower Seeds

Vinaigrette

½ Cup Lemon Juice

½ Cup Extra Virgin Olive Oil

¼ Cup Basil, washed and tightly packed

2 Tbsp Honey

2 Cloves Garlic

1 Tbsp Dijon Mustard

Salt and Pepper, to taste

Nourishment Note



Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals, and antioxidants to help keep your body working it's best.



Cannellini Beans

Cannellini beans are rich in folate, an important nutrient for those with RA as certain drugs can increase your folate needs.



Olive Oil

Extra virgin olive oil contains monounsaturated fats. This type of fat may help to reduce inflammation.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Ingredients for Bean Salad

To a large bowl, add all the salad ingredients – beans, cucumber, avocado, radish, cherry tomatoes, feta cheese and sunflower seeds. Stir and set aside.

3. Make Vinaigrette

Add all vinaigrette ingredients to a blender or small bowl. Blend or use a stick blender to blend the ingredients until well mixed.

4. Plate

Plate the bean salad and drizzle with vinaigrette, to taste. Top with additional feta and/or sunflower seeds, if desired. Enjoy!

5. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Registered Dietitians

What You'll Need



Can Opener



Colander



Cutting Board



Knife



Measuring Cups



Measuring Spoons



(1) Large and (1) Small Bowl



Spoon



Stick Blender/Blender

RA Cooking Tips

- Use an electric can opener to open the beans.
- Purchase matchstick or coin-cut radishes.
- Leave cherry tomatoes whole.
- Use an avocado tool to peel, pit and slice the avocado.

Allergen Swap

Dairy Omit feta cheese