

Bell Pepper and White Bean Salad

Just Say Yes to Fruits and Vegetables

There's so much color and flavor to serve up in this delicious salad!



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Serves 4 • Serving: 1½ cups



Don't have white beans in your cupboard? You can use other beans instead.

Ingredients:

- 3 cups chopped arugula or spinach leaves
- 1 cup chopped bell peppers
- ⅓ cup sliced red onion
- 1½ cups cooked or 1 16-ounce can white beans, rinsed and drained
- 2 tablespoons balsamic vinegar
- 1½ tablespoons vegetable oil
- 1 finely chopped garlic clove
- 2 teaspoons fresh thyme, with leaves removed from stem (optional)
- Salt and pepper, to taste

Directions:

1. In a large bowl, combine arugula (or spinach), peppers, red onion, and white beans.
2. In a small bowl, mix vinegar, oil, garlic, thyme (optional), salt, and pepper.
3. Pour dressing over salad and mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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