

**Summer Squash and
White Bean Salad**

Just Say Yes to Fruits and
Vegetables

Nothing says summer in NYS like fresh summer squash.



jsyfruitveggies.org

**Summer Squash and
White Bean Salad**

Just Say Yes to Fruits and
Vegetables

Nothing says summer in NYS like fresh summer squash.



jsyfruitveggies.org

**Summer Squash and
White Bean Salad**

Just Say Yes to Fruits and
Vegetables

Nothing says summer in NYS like fresh summer squash.



jsyfruitveggies.org

**Summer Squash and
White Bean Salad**

Just Say Yes to Fruits and
Vegetables

Nothing says summer in NYS like fresh summer squash.



jsyfruitveggies.org

Summer Squash and White Bean Salad

Serves 10 • Serving: ¾ cup



You can use yellow or green squash (zucchini), or a mixture of both!

Ingredients:

- 4 cups diced summer squash
- 1 cup chopped red onion
- 1 19-ounce can drained and rinsed cannellini beans
- 2 tablespoons vegetable oil
- ¼ cup apple cider vinegar
- ½ tablespoon chopped rosemary
- Salt and pepper to taste

Directions:

1. In a large bowl, combine summer squash, onion, and beans.
2. In a small bowl, mix oil, vinegar, rosemary, salt, and pepper.
3. Pour oil mixture over bean-squash mixture and toss.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

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

Summer Squash and White Bean Salad

Serves 10 • Serving: ¾ cup



You can use yellow or green squash (zucchini), or a mixture of both!

Ingredients:

- 4 cups diced summer squash
- 1 cup chopped red onion
- 1 19-ounce can drained and rinsed cannellini beans
- 2 tablespoons vegetable oil
- ¼ cup apple cider vinegar
- ½ tablespoon chopped rosemary
- Salt and pepper to taste

Directions:

1. In a large bowl, combine summer squash, onion, and beans.
2. In a small bowl, mix oil, vinegar, rosemary, salt, and pepper.
3. Pour oil mixture over bean-squash mixture and toss.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

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

Summer Squash and White Bean Salad

Serves 10 • Serving: ¾ cup



You can use yellow or green squash (zucchini), or a mixture of both!

Ingredients:

- 4 cups diced summer squash
- 1 cup chopped red onion
- 1 19-ounce can drained and rinsed cannellini beans
- 2 tablespoons vegetable oil
- ¼ cup apple cider vinegar
- ½ tablespoon chopped rosemary
- Salt and pepper to taste

Directions:

1. In a large bowl, combine summer squash, onion, and beans.
2. In a small bowl, mix oil, vinegar, rosemary, salt, and pepper.
3. Pour oil mixture over bean-squash mixture and toss.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

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

Summer Squash and White Bean Salad

Serves 10 • Serving: ¾ cup



You can use yellow or green squash (zucchini), or a mixture of both!

Ingredients:

- 4 cups diced summer squash
- 1 cup chopped red onion
- 1 19-ounce can drained and rinsed cannellini beans
- 2 tablespoons vegetable oil
- ¼ cup apple cider vinegar
- ½ tablespoon chopped rosemary
- Salt and pepper to taste

Directions:

1. In a large bowl, combine summer squash, onion, and beans.
2. In a small bowl, mix oil, vinegar, rosemary, salt, and pepper.
3. Pour oil mixture over bean-squash mixture and toss.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

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