



Tuscan Bean Salad

2 cups cooked cannellini beans
1 tomato, peeled, seeded, and diced
1 ½ tablespoon olive oil
1 tablespoon toasted pine nuts
¼ red onion, minced (3 to 4 tablespoons)
¼ cup chopped flat-leaf parsley
salt and freshly ground black pepper
lemon wedges for garnish

- If using canned beans, rinse well under cold water. Drain well or blot dry. Warm the beans and tomato in a nonstick frying pan over medium heat. They should be warm but not hot.
- Remove the pan from the heat and stir in the oil, pine nuts, red onion, parsley, and salt and pepper to taste. The salad should be highly seasoned. Serve the salad with lemon wedges for squeezing.

Serves 4 to 6

Nutritional facts per serving: Calories 193, Protein 10 g, Fat 7 g, Saturated fat 1 g, Carbohydrate 25 g, Sodium 11mg, Cholesterol 0 mg