

# LEMONY WHITE BEAN AND ARUGULA SALAD

## INGREDIENTS:

- 1 can unsalted cannellini beans, rinsed and drained (15 ounces)
- 1/4 cup red onion, thinly sliced
- 3 cups arugula, firmly packed

## DRESSING:

- 2 tablespoons extra-virgin olive oil
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 3/8 teaspoon Kosher salt
- 1/4 teaspoon black pepper

## DIRECTIONS:

1. Whisk to combine oil, zest, juice, mustard, salt, and pepper in a large bowl.
2. Add beans and onion; toss well to coat. Add arugula; toss gently to combine.

## Nutrition Facts

Serving Size 3/4 cup (78g)  
Servings Per Container 4

Amount Per Serving

**Calories** 100      **Calories from Fat** 70

% Daily Value\*

**Total Fat** 7g      **11%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 230mg      **10%**

**Total Carbohydrate** 7g      **2%**

Dietary Fiber 2g      **8%**

Sugars 1g

**Protein** 2g

Vitamin A 10%      • Vitamin C 10%

Calcium 6%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Benteh Nuutah*  
Valley Native Primary Care Center  
Wellness Center  
(907) 631-7630  
southcentralfoundation.com

Source: [cookinglight.com](http://cookinglight.com)

