

NAVY BEAN & MACHE SALAD

Yield: 4 Servings (1³/₄ cups)



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 can (15 oz.) Navy Beans, drained and rinsed
- 1/3 cup Kalamata olives, pitted (Mediterranean Bar)
- 1 clove peeled garlic, minced
- 1 Tbsp. non-pareil capers, drained
- 1/4 cup extra virgin olive oil
- 2 Tbsp. red wine vinegar
- 1 Tbsp. fresh basil or parsley, finely chopped
- Fresh ground black pepper to taste
- 1 pkg. (4oz.) mache salad with herbs

PREPARATION

1. Mix beans, olives, garlic, capers, olive oil, and vinegar in small bowl. Stir in basil and black pepper. Chill 20–30 min.
2. Place mache mix in large bowl. Drain liquid from bean mixture; pour onto salad and toss.

NUTRITION

Per serving: Calories: 250; Fat: 18 g (2 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 19 g; Fiber 7 g; Protein: 6 g; Sodium: 300 mg.

Recipe courtesy of Wegmans