

TUSCAN BEAN SALAD

Yield: 11 cups (4 oz. serving)



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 cup Goya Barley
- 2 cans (15.5 oz. each) Food You Feel Good About Great Northern Beans, drained and rinsed
- 2 cans (15.5 oz. each) Italian Classics Garbanzo Beans, drained and rinsed
- ½ green pepper, cored, seeded, ¼-inch dice
- ½ red pepper, cored, seeded, ¼-inch dice
- ½ bunch green onions, trimmed, thinly sliced
- 7 Italian Classics Sundried Tomatoes, chopped (about ½ cup)
- ⅓ cup Italian Classics Basil Pesto
- ⅓ cup Italian Classics Tuscan White Wine Vinegar
- 2 Tbsp. Wegmans Basting Oil
- 3 Tbsp. chopped Italian parsley
- Salt and pepper to taste

PREPARATION

Preheat oven to 350 degrees.

1. Bring barley and 2 ½ cups salted water to boil on high in large saucepan. Reduce heat to low; cook, stirring occasionally, about 25 min. Drain; rinse with cold water.
2. Combine barley, beans, peppers, onions, tomatoes, pesto, vinegar, basting oil and parsley in large mixing bowl. Season with salt and pepper.

NUTRITION

Per serving: Calories: 170; Fat: 5 g; Cholesterol: 0 mg; Carbohydrates: 24 g; Fiber: 8 g; Protein: 7 g; Sodium: 340 mg.

Recipe courtesy of Wegmans