



SNACK | PEAK SEASON: SPRING & SUMMER

White Bean, Cucumber and Tomato Pesto Salad

Recipe by: Kiandra Call

This simple salad turns our Basil & Micro-green pesto into a flavorful vinaigrette and pairs it with crisp cucumbers, juicy tomatoes and creamy white beans.

Nutritional Info

3-4 servings

Calories: 220

Carbs: 18g

Fiber: 5g

Protein: 6-7g

Fat: 11g

Sugars: 4g (naturally in tomatoes and beans)

Sodium: 200mg

Ingredients

- One large cucumber, chopped into bite sized pieces
- 1 pint of cherry tomatoes, halved
- 1 (15oz) can of cannellini or other white beans, drained and rinsed
- ½ small red onion, thinly sliced or diced
- ¼ cup of basil and micro-green pesto
- 2-3 tbsp of olive oil
- ½ cup of chopped mozzarella sticks or shredded mozzarella.

Instructions

1. Add chopped cucumbers, tomatoes, white beans and red onion into a large bowl.
2. In a small bowl, whisk the basil and micro-green pesto with olive oil until the consistency is thin enough to pour (think salad dressing consistency)
3. Pour the vinaigrette over the vegetables and beans and toss until everything is evenly coated
4. Chill in the fridge for at least 30 minutes before serving, to allow veggies to soak up flavor from the pesto. For best flavor, allow to sit in fridge overnight. Salad lasts 4-5 days in fridge.

Additional Info

1. Swap in whatever vegetables are in season! Bell peppers, zucchini, or even leafy greens. You can also add chopped olives for heart healthy fats or pickled onions for a more tangy flavor.
2. White beans add fiber, complex carbohydrates and plant based protein, making this salad more filling and satisfying.
3. Cannellini beans can be swapped for chickpeas, kidney beans or another favorite beans. If using canned beans, make sure to buy a low sodium option and to rinse well before adding to the salad.
4. Mozzarella adds a creamy texture along with protein and calcium, nutrients that help support bone and muscle health. Feta and parmesan also pair well with this salad, Feel free to leave the cheese out for a non-dairy version.

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