



Italian Cannellini Salad

6 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 small bunch kale
- 1 lemon
- 1 (15 ounce) can cannellini beans (white kidney beans), drained and rinsed
- 1 (15 ounce) can red kidney beans, drained and rinsed
- 1 red bell pepper, diced
- Large handful parsley
- 5-7 basil leaves
- 1 Tablespoon olive oil
- ½ cup mozzarella, shredded
- Optional: whole grains and avocado

DIRECTIONS

1. Remove the stems from the kale leaves. Thinly slice leaves and place into a large bowl. Juice the lemon over the kale and massage the leaves with your hands for about 1-2 minutes. The kale will turn a vibrant green color and the fibrous leaves will soften.
2. Add the cannellini beans, red kidney beans, and bell pepper to the bowl. Stir to combine.
3. Remove the large parsley stems and roughly chop. Roll the basil leaves tightly and thinly slice to create ribbons. Add herbs and olive oil to the bowl.
4. Add the mozzarella and mix the salad well to combine.
5. Serve with a side of whole grains and avocado.

Nutrition Facts

6 servings per container
Serving size **1 cup**

Amount per serving
Calories 180

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 28g 10%

Dietary Fiber 10g 36%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 181mg 15%

Iron 3mg 15%

Potassium 402mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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