

WHITE BEAN AND TOMATO SALAD

4 cups cooked cannellini (two 16-ounce cans)
≈
2 garlic cloves, minced or pressed
½ red onion, minced (about ¼ cup)
6 pale center celery stalks, with leaves, thinly sliced
crosswise
juice of 1 lemon
2 tablespoons extra-virgin olive oil
1 tablespoon chopped fresh mint or basil
(1 teaspoon dried)
4 or 5 tomatoes, cut into ½-inch cubes
salt and freshly ground black pepper to taste

Drain the beans. If you are using canned beans, rinse them very gently in a colander and then set them aside to drain.

Combine the garlic, red onion, celery, lemon juice, olive oil, mint or basil, tomatoes, and salt and pepper in a large salad bowl. Add the beans and carefully stir with a wooden spoon, or with your hands, so that the beans don't break apart.

Serve at room temperature.

PER 8-OZ SERVING: 191 CALORIES, 9.2 G PROTEIN, 5 G FAT, 29.5 G CARBOHYDRATE, 119 MG SODIUM, 0 MG CHOLESTEROL.

TOTAL TIME

15 minutes

SERVINGS

4

MENU

Serve with **Crostini**
(see page 263), **Yogurt
Cheese** (see page 52), or
Easiest Artichokes
(see page 77).

A *basic Mediter-
ranean-style
bean salad
that can be the
centerpiece of a summer
supper or lunch.*

*Leftovers make a
satisfying soup with the
simple addition of
vegetable stock: cook
briefly, purée, and serve
with croutons.*