

White Bean, Pepper & Arugula Salad

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!

ONE: Position oven rack about 6 inches beneath broiler. Place bell pepper on a baking sheet and broil, turning frequently with tongs, until blistered and blackened on all sides, about 15 minutes. (Alternatively, you can grill bell pepper. Place bell pepper directly over an open medium flame on a grill or the cooking grate of a gas stove. Turn frequently with tongs until blistered and blackened all over, about 10 to 15 minutes.) Immediately place blackened pepper in a bowl, cover with plastic wrap and let cool for 20 minutes. When cool enough to handle, pull stem from bell pepper and gently peel skin using your fingers (skin should slip off easily). Slice pepper open with a knife and gently scrape out seeds and membrane. Chop

TWO: In a small bowl, combine beans and bell pepper. In a large bowl, combine arugula and mixed greens.

THREE: In another small bowl, whisk together mint, lemon juice, honey, oil, 1 tbsp water, salt and black pepper.

FOUR: Pour 2 tbsp dressing over bean-pepper mixture; stir gently to combine. Drizzle remaining dressing over greens and toss to combine.

FIVE: To serve, mound 1 cup greens on a plate and top with about 1/2 cup bean-pepper mixture. Garnish with additional mint.

INSTRUCTIONS:

FOLD LINE

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Serves 6. Hand-on time: 30 minutes. Total time: 50 minutes.



INGREDIENTS:

- 1 red bell pepper
- 2 cups no-salt-added cooked or BPA-free canned cannellini beans, drained and rinsed
- 3 cups baby arugula
- 3 cups mixed baby greens
- 1 tbsp chopped fresh mint, plus additional for garnish
- 3 tbsp fresh lemon juice
- 1 tsp raw honey
- 2 tbsp olive oil
- 1/4 tsp sea salt
- Fresh ground black pepper, to taste

Nutrients per serving (1 cup greens and 1/2 cup bean-pepper mixture):

Calories: 126, Total Fat: 5 g, Sat. Fat: 1 g, Carbs: 15 g, Fiber: 4 g, Sugars: 3 g, Protein: 5 g, Sodium: 112 mg, Cholesterol: 0 mg