



## White Bean-and-Asparagus Salad

After cooking the asparagus, this is practically a dump-and-stir recipe. Combine steamed asparagus, tomatoes, white beans and seasonings, and serve over a bed of mixed greens for a chilled bean **side dish** that's great for summer entertaining.

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Yield: Makes 6 servings

Cook time: 4 Minutes

Prep time: 20 Minutes

Chill: 1 Hour

**my**  
**recipes**

### Ingredients

1/2 pound fresh asparagus, trimmed

7 dried tomatoes

1 garlic clove, minced

1 tablespoon brown sugar

2 tablespoons extra-virgin olive oil

2 tablespoons white wine vinegar

1 tablespoon water

1 teaspoon spicy brown mustard

1/4 teaspoon dried rubbed sage

1/4 teaspoon salt

1/4 teaspoon pepper

1 (19-ounce) can cannellini beans, rinsed and drained

1/4 cup chopped red onion

2 teaspoons drained capers

1 (5-ounce) bag gourmet mixed salad greens

1 tablespoon shredded Parmesan cheese

### Preparation

Snap off tough ends of asparagus; arrange asparagus and dried tomatoes in a steamer basket over boiling water. Cover and steam 2 to 4 minutes or until asparagus is crisp-tender. Set tomatoes aside. Plunge asparagus into ice water to stop the cooking process; drain. Cut asparagus into 1-inch pieces, and chill until ready to use. Chop tomatoes.

Whisk together garlic and next 8 ingredients in a medium bowl; add asparagus, tomatoes, beans, onion, and capers, tossing to coat. Cover and chill 1 hour. Serve asparagus mixture over salad greens; sprinkle with cheese.

### Nutritional Information

#### Amount per serving

Calories: 127    Calories from fat: 39    Fat: 5.5g    Saturated fat: 1g    Monounsaturated fat: 3.6g

Polyunsaturated fat: 0.8g    Protein: 4.8g    Carbohydrate: 15.3g    Fiber: 4.4g    Cholesterol: 1.3mg    Iron: 2mg

Sodium: 351mg    Calcium: 61mg

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