

## TUSCAN BEAN SALAD<sup>o</sup>



**SERVES: 6** (¾ cup each) Prep Time: 15 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ 1 2



**2 cans (15-oz. each)** cannellini beans,  
drained, rinsed

**¾ cup** seeded, chopped Roma  
tomatoes (approx. 2  
medium)

**2 cloves** garlic, finely chopped

**⅓ cup** thinly sliced red onion  
(approx. ½ medium)

**1 Tbsp.** finely chopped fresh  
rosemary

**½ tsp.** sea salt (or Himalayan salt)

**½ tsp.** ground black pepper

**3 Tbsp.** extra-virgin olive oil

**1 Tbsp.** red wine vinegar

**¼ cup** loosely packed, fresh whole  
basil leaves

1. Combine beans, tomatoes, garlic, onion, rosemary, salt, pepper, oil, and vinegar in a large mixing bowl; toss gently to blend.
2. Stack and roll basil leaves on your work surface and thinly slice (chiffonade). Add to bean mixture; toss gently to blend. Enjoy!

### RECIPE NOTES:

- To seed a fresh tomato, cut the ends off, cut out the core, and gently scoop out any remaining seeds that weren't removed with the core.
- Chiffonade is a simple technique in which the leaves of a soft herb are stacked, rolled, and sliced thin. It is a great way to cut delicate herbs without bruising and it looks beautiful!

<sup>o</sup>This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

**NUTRITIONAL INFORMATION** (per serving): Calories: 151 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 304 mg Carbohydrates: 17 g  
Fiber: 4 g Sugars: 1 g Protein: 6 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.