

Green and White Bean Salad

With its tender beans and tangy dressing, this is the perfect side dish for your picnic! Or, stir in a drained can of tuna and make it a main dish.

Makes: 4 servings

Prep Time: 30 minutes

Source: cchopchopfamily.org, [recipe/ green-and-white-bean-salad](http://cchopchopfamily.org/recipe/green-and-white-bean-salad)

Ingredients

- 2 cups fresh green beans, the stem ends trimmed off, chopped into 1-inch pieces
- 1- 15 oz can, white beans, drained and rinsed
- 1 cup cherry or grape tomatoes, halved
- 1 celery stalk, thinly sliced
- 1/3 cup Creamy Vinaigrette

Directions

1. Put all the ingredients in the bowl and mix gently. Taste a bean. Does the salad need more dressing or a pinch of salt? If so, add it and taste again.

Utensils Needed

- Cutting board
- Sharp knife
- Can opener
- Colander or strainer
- Medium-sized bowl
- Measuring cup
- Large spoon



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1 1/3 cup

Nutrients	Amount
Calories:	139
Total Fat:	0.2 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	57 mg
Total Carbohydrates:	26.3 g
Dietary Fiber:	10.8g
Total Sugars:	4.9 g
Added Sugars:	0 g
Protein	8 g

SHOPPING LIST

Average total cost without oil and seasonings: \$6.84

Average cost/serving: \$1.71

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Fresh Celery



Add 1 to Cart
Fresh Green Beans (.5 LB)



Add 1 to Cart
Fresh Grape Tomatoes (10 oz)



Add 1 to Cart
Creamy Italian Dressing (16 oz)



Add 1 to Cart
Cannellini Beans (15 oz. can)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Serve right away, or cover and refrigerate up to 1 day

Cooking Tips

- Extra celery can be used in any soup or salad. Check out [snapedny.org](https://www.snapedny.org) to find recipe inspirations such as: <https://www.snapedny.org/2021/09/apple-salad/>
- With a few tomatoes left you can easily put them on a salad or make a quick batch of salsa!