

Chicken and White Bean Salad

Makes 4 Servings; 1 cup per serving

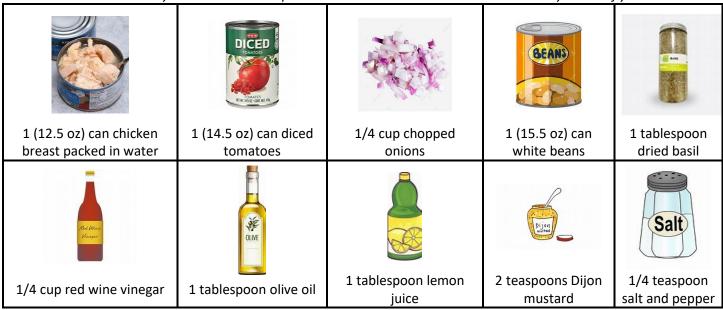
Nutrients Per Serving:

310 Calories | 5 g Fat (.5g Saturated) | 34 g Carbohydrates | 0g Added Sugar | 30 g Protein | 940 mg Sodium | 7 g Fiber

Mixing spoon Can opener Colander Measuring spoons Mixing spoon Whisk Liquid measuring cup

Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.



Directions

(Tbsp = tablespoon, tsp = teaspoon)



Wash hands.



Drain canned chicken in a colander. Put chicken in mixing bowl.



Drain diced tomatoes in a colander. Put tomatoes in the mixing bowl.



Drain white beans in a colander and rinse with water. Put beans in the mixing bowl.



Add 1/4 cup chopped onions and 1 Tbsp dried basil to chicken, tomato & beans. Mix until combined.



Measure 1/4 cup of red wine vinegar into a liquid measuring cup.



Add 1 Tbsp olive oil, 1 Tbsp lemon juice, 2 tsp Dijon mustard, and 1/4 tsp salt and pepper. Whisk to combine.



Pour dressing over chicken, bean, and tomato mixture. Stir until the salad is well combined.

Refrigerate at least 30 minutes before serving. Enjoy!