


## 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

### Equipment Needed

			
Mixing bowl	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.\**

				
1 (12.5 oz) can chicken breast packed in water	1 (14.5 oz) can diced tomatoes	1/4 cup chopped onions	1 (15.5 oz) can white beans	1 tablespoon dried basil
				
1/4 cup red wine vinegar	1 tablespoon olive oil	1 tablespoon lemon juice	2 teaspoons Dijon mustard	1/4 teaspoon salt and pepper

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## Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



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

3



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

4



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

5



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

6



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

7



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

8



Pour dressing over chicken, bean, and tomato mixture. Stir until the salad is well combined. Refrigerate at least 30 minutes before serving. Enjoy!