

Lifestyle Coaching and Food Institute



Broccoli and Cannellini Bean Salad

Yield: 3 Servings

Cost Per Serving: N/A
Cook Time: 15 minutes

Ingredients:

- 1 ½ cup coarsely chopped broccoli florets
- 2 Tbsp red wine vinegar
- 2 tsp extra virgin olive oil
- 1/4 tsp pepper
- 1 garlic clove (minced)

- 1/4 cup bottled roasted red bell pepper (finely chopped)
- ¼ cup red onion (finely chopped)
- 1 15oz can cannellini beans or other white beans (drained and rinsed)
- Lettuce leaves (optional)

Directions:

- 1. Steam broccoli, covered, 3 minutes or until crisp-tender. Set aside.
- 2. Combine vinegar, oil, pepper, salt, and garlic in medium bowl, stir well.
- 3. Add broccoli, bell pepper, onion, and beans; toss gently.
- 4. Serve on lettuce-lined plates, if desired.
- 5. Can add shredded cheese on top.