

LEMONY WHITE BEAN & ARUGULA SALAD



Combine in a large bowl:
5 oz. arugula leaves (5 cups, packed)
1 (15 oz.) can cannellini or great Northern beans, rinsed and drained
½ small red onion, thinly sliced
3 T. capers, rinsed and drained

Whisk together in a small bowl:

3 T. fresh lemon juice (about 1 large lemon)

3 T. extra virgin olive oil

1 t. lemon zest

1 T. maple syrup

Coarse salt and freshly ground black pepper to taste

Pour over salad and toss to coat.

Nutrition info. (per serving): 131 cal, 6.9 g fat, 1 g sat fat, 0 mg chol, 228 mg sodium, 15 g carb, 4.1 g fiber, 4.6 g protein.

***Recipe from Giada at Home, Food Network.*