



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ARUGULA AND WHITE BEAN SALAD



## INGREDIENTS

3 T. fresh lemon juice  
1.5 T extra-virgin  
olive oil  
1 T. minced garlic  
¼ tsp. salt  
¼ tsp. pepper

1 cup cherry tomatoes, halved  
1 cup thinly sliced red onion  
1 can (15 ounce) cannellini beans, rinsed  
and drained  
1 package (5 ounce) baby arugula  
2 ounces, Parnigiano-Reggiano cheese,  
shaved

## DIRECTIONS

1. Whisk together the first 6 ingredients in a large bowl
2. Add tomatoes, onions, beans and arugula
3. Gently Toss
4. Top with cheese

Feel free to add other ingredients such as nuts, seeds, other vegetables and spices. Make it work for you and your family!