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Prevent and Protect
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THREE-BEAN SALAD WITH ARUGULA AND BELL PEPPER

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Serves 4

Coarse salt and freshly ground black pepper

- 2 oz haricots verts, trimmed
- 2 oz yellow wax beans, trimmed
- 1 15-oz can white beans, drained and rinsed
- 1 roasted red pepper (jarred), chopped
- 2 cups baby arugula
- 1 tablespoons red-wine vinegar
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons grated Parmesan

- Bring a medium pot of well-salted water to a boil. Working in batches, blanch haricot verts and yellow wax beans until crisp-tender, about 3 minutes for each. Transfer to an ice bath. Drain. Cut beans into ½-inch pieces; transfer to a bowl.
- Add white beans, red pepper, and arugula.
- In a small bowl, whisk vinegar and oil. Season with salt and pepper. Drizzle over vegetables and toss to combine. Season with salt and pepper.
- Drizzle over vegetables and toss to combine. Sprinkle with Parmesan before serving.