

# White Bean, Spinach & Tomato Salad

7 ingredients · 10 minutes · 2 servings



## Directions

1. Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
2. Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

## Notes

### No White Beans

Use chickpeas or lentils instead.

### Extra Flavour

Add avocado, lemon juice and/or feta cheese.

### Leftovers

Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.

## Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 1/4 **cup** Shallot (diced)
- 2 **Garlic** (cloves, minced)
- 2 **cups** White Navy Beans (cooked, drained and rinsed)
- 4 **cups** Baby Spinach (chopped)
- 1 **Tomato** (medium, diced)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	356	Vitamin C	30mg
<b>Fat</b>	8g	Calcium	201mg
Saturated	1g	Iron	7mg
<b>Carbs</b>	56g	Vitamin D	0IU
Fiber	22g	Vitamin B6	0.5mg
Sugar	3g	Folate	394µg
<b>Protein</b>	18g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	153mg
Sodium	74mg	Zinc	2mg
Potassium	1239mg	Selenium	7µg
Vitamin A	6458IU		