



GRAPE TOMATO SALAD WITH WHITE BEANS AND CUCUMBER

July 27, 2011

Ingredients

- 1 cup canned Great Northern beans, rinsed and drained
- 1 cup grape tomato halves
- 1 cup ½-inch diced cucumber
- 2 tablespoons finely diced red onion
- 1 tablespoon finely chopped fresh cilantro
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lime juice
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

Preparation

1. Combine beans, tomatoes, cucumber, onion, and cilantro in large bowl.
2. Whisk oil, lime juice, salt and pepper in small bowl. Pour over salad and mix gently.

Makes 4 servings (about 1 cup per serving)

Nutritional Information

Dietary exchanges:

½ Fat, 1 Starch, 1 Vegetable

Amount per serving: Calories 119, Total fat 4g, Saturated Fat <1g, Protein 5g, Carbohydrate 17g, Cholesterol 0mg, Dietary Fiber 4g, Sodium 291mg

Diabetic Cooking, JULY/AUGUST 2011

HEALTHY COMMUNITIES HEALTHY PEOPLE PROGRAM

Providing guidance and support to make the “*healthy choice the easy choice.*”



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