



Family-Size 6-Bean Jar Salad



INGREDIENTS

CREAMY WHITE BEAN DRESSING

½ cup Gustare Vita extra virgin olive oil

¼ cup Hy-Vee no salt added cannellini beans, rinsed and drained

2 ½ tsp Gustare Vita white wine vinegar

2 tsp shallot, chopped

2 tsp Hy-Vee stone ground Dijon mustard

¾ tsp Hy-Vee black pepper

6-BEAN JAR SALAD

2 cups Hy-Vee Select frozen premium whole green beans

1 (15.5-oz.) can Full Circle Market organic low sodium three bean blend, rinsed and drained

1 (15-oz.) can Hy-Vee no salt added garbanzo beans, rinsed and drained

1 cup Hy-Vee no salt added cannellini beans, rinsed and drained

2 tsp fresh thyme leaves

¾ tsp Hy-Vee black pepper

1 cup Hy-Vee Homegrown red bell peppers, seeded and chopped

½ cup Hy-Vee Homegrown red onion, chopped

1 (6-oz.) pkg. butter and red leaf lettuce salad blend

PREPARATION

- 1** Make Creamy White Bean Dressing: Place olive oil, ¼ cup cannellini beans, white wine vinegar, shallot, Dijon mustard, lemon zest, salt, and ¾ teaspoon black pepper in a small food processor or blender. Cover and process or blend until smooth and slightly thickened. Store in refrigerator up to 3 days.
- 2** Cook green beans according to package directions; set aside to cool. Pour White Bean Dressing into 1 (½ gallon) canning jar.
- 3** Toss together three bean blend, garbanzo beans, 1 cup cannellini beans, thyme leaves, and ¾ teaspoon black pepper in a medium bowl. Transfer to canning jar.
- 4** Layer with cooked green beans, chopped red peppers, red onion, lettuce; press down firmly to compact layers in jar. Place lid on jar. Refrigerate in jar for up to 3 days.

NUTRITION FACTS

Calories: 270
Total Fat: 15g

Sodium: 95mg
Carbohydrates: 26g

Saturated Fat: 2g
Trans Fat: 0g
Cholesterol: 5mg

Fiber: 8g
Sugar: 3g
Protein: 8g