



**WASHINGTON HEALTH SYSTEM**  
Wilfred R. Cameron Wellness Center

PROVIDING THE  
**EXOS EXPERIENCE**

### **White Bean and Tomato Bruschetta Salad**

February is American Heart Month! All the recipes this month are from the American Heart Association's recipe database which can be found at [recipes.heart.org](http://recipes.heart.org). All of the recipes on this website are heart healthy, meaning that they are low in saturated fat and sodium. Love your heart!

Yield: 2-4 servings

#### **Ingredients:**

- 2 small tomatoes (diced) OR 16 oz. canned, no-salt-added, diced tomatoes (drained, rinsed)
- 1 clove fresh, minced garlic OR 1 tsp. jarred, minced garlic
- 1 green onion (chopped, (green part only))
- 8 oz. canned, low-sodium white beans (such as Cannellini beans), drained, rinsed
- 2 Tbsp. fresh basil (chopped) OR 1 tsp. dried basil
- 1 Tbsp. balsamic vinegar
- 2 tsp. extra virgin olive oil
- 1/8 tsp. black pepper (to taste)
- 1/4 cup low-moisture, part-skim, shredded mozzarella
- At least 4 cups mixed greens or arugula

#### **Directions:**

1. Combine all ingredients except salad greens and marinate 5-10 minutes.
2. Toss with salad greens. Serve chilled.

#### **Nutrition Information:**

Calories: 123, Total fat: 4.5 g, Saturated fat: 1 g; Carbohydrates: 15 g, Fiber: 5 g, Protein: 7 g, Sodium: 87 mg

*\*Recipe from [recipes.heart.org](http://recipes.heart.org)*

