

## Cannellini Bean Salad

**Serving size: 4 of 1 cup of salad**

### **Ingredients**

1 can 15oz Cans of Cannellini Beans, drained and rinsed  
1/2 Cup Grape or Cherry Tomatoes, halved  
1/4 Cup Italian Parsley, lightly packed, chopped  
¼ Cup Chopped grapes  
1tablespoon Red or White Wine Vinegar  
1 tablespoon Extra Virgin Olive Oil  
2 tablespoons mayonnaise, optional  
Salt and Freshly Cracked Black Pepper to taste

### **Instructions**

1. Drained and rinsed Cannellini beans
2. In a large bowl combine cannellini beans, halved grape tomatoes, parsley, and chopped grapes
3. Add the vinegar, olive oil, mayo, salt and black pepper. Toss well to combine.
4. Serve immediately or transfer to an airtight container and place in the refrigerator for up to 4 days.

### **Notes**

You can substitute

- **cannellini beans** for **any white bean** such as garbanzo beans.
- *Basil, scallion or mint for parsley*

The **salad will not keep as well** in the refrigerator up to 3 days.

I do not recommend freezing this recipe.

## **Garlic Roasted Salmon & Brussels Sprouts**

Source: <https://www.eatingwell.com/recipe/252493/garlic-roasted-salmon-brussels-sprouts/?print=>

**Servings:** 6 servings

### **Ingredients:**

- 14 large cloves garlic, divided
- ¼ cup extra-virgin olive oil
- 2 tablespoons finely chopped fresh oregano, divided
- 1 teaspoon salt, divided
- ¾ teaspoon freshly ground pepper, divided
- 6 cups Brussels sprouts, trimmed and sliced
- ¾ cup white wine, preferably Chardonnay
- 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions
- Lemon wedges

### **Directions:**

1. Preheat oven to 450 degrees F.
2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, 1/2 teaspoon salt and 1/4 teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.
3. Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and 1/2 teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.

**Nutrition Facts:** Calories 334, Total Fat 15g, Saturated

Fat 3g Cholesterol 71mg Sodium 485mg Total Carbohydrate 10g