



Mediterranean Chicken and White Bean Salad

Prep time: 20 minutes

Makes: 4 Servings

This refreshing salad starts with cooked chicken, white beans, cucumber, and onion with a splash of fresh lemon juice, oil and seasonings for a delicious combination. Try it with tuna and chopped tomatoes for variety.

Ingredients

1 cup skinless cooked chicken (diced into 1/2 inch pieces)

1 can 15.5 ounce low-sodium white beans (drained and rinsed with cold water)

1 cucumber (peeled and diced into 1/2 inch pieces)

Nutrition Information

Nutrients	Amount
Calories	297
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	32 mg
Sodium	288 mg
Total Carbohydrate	31 g
Dietary Fiber	8 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	20 g
Vitamin D	0 mcg
Calcium	138 mg
Iron	6 mg
Potassium	820 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1 cup
 Protein Foods	1 ounce

1/4 red or white onion (peeled and chopped into 1/2 inch pieces)

2 tablespoons vegetable oil

1/4 cup lemon juice

1 tablespoon dried basil or parsley leaves

1/4 teaspoon salt

1/4 teaspoon black pepper

Directions

1. Put everything in the bowl and gently toss.
2. Serve right away, or cover and refrigerate up to 2 days.

Notes

- 2 (5-ounce) cans of tuna in water can be used instead of chicken.
- Great Northern, chickpeas, cannellini, or navy beans can be used.
- Add ½ cup chopped fresh tomatoes.

Source: USDA Center for Nutrition Policy and Promotion