

# Heirloom Tomato & Butter Bean Salad

*This light and flavorful salad is a great summertime side dish that highlights fresh tomato flavor. The simple vinaigrette makes a great dressing for grilled vegetables or salads too.*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>15 MIN</b>
-----------------------------------	-----------------------------------	------------------------------------

## INGREDIENTS

1 pint	Cherry Tomatoes, <u>divided</u>
2 Tbsp	Balsamic Vinegar
2 Tbsp	Olive Oil
½ tsp	Kosher Salt
¼ tsp	Black Pepper, ground
1 clove	Garlic, smashed
3 each	Heirloom, Creole or Globe Tomatoes
1 (15 oz) can	Butter, Cannellini or White Beans, canned, low or no sodium, drained and rinsed
3 Tbsp	Basil, fresh, chiffonade (thin ribbons)
½ tsp	Red Pepper Flakes (optional)

## CHEF'S NOTES

No balsamic vinegar? Substitute with red or white wine vinegar.

The salad can easily accommodate the addition of fresh corn, green beans, summer squash, or feta cheese!

Refrigerating the beans overnight in the vinaigrette allows them to marinate and soak up the flavor even more. Bring them up to room temperature before serving for best flavor!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Add 1 cup of the cherry tomatoes, balsamic vinegar, olive oil, salt, and pepper in smoothie sized blender cup. Blend on high to puree until smooth. Transfer to a medium bowl, add the smashed garlic clove and allow to sit for 5-10 minutes.
3. Meanwhile, slice the heirloom tomatoes into ½ inch slices and arrange as a base layer on plate. Cut the remaining cherry tomatoes in half.
4. Remove the garlic clove from tomato vinaigrette. Add drained and rinsed beans to tomato vinaigrette along with the cherry tomatoes halves and about half of the basil. Allow beans and tomatoes to marinate in vinaigrette until ready to serve.
5. Spoon bean and tomato mixture over sliced tomatoes.
6. Top with remaining basil and red pepper flakes, if using. Enjoy!

# Nutrition Facts

6 servings per container

**Serving Size** 3/4 cup (194 g)

Amount per serving

**Calories** 110

**% Daily Value \***

**Total Fat 6g** 7%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 250mg** 11%

**Total Carbohydrate 11g** 4%

Dietary Fiber 5g 19%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein 4g** 8%

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 3mg 15%

Potassium 300mg 6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Bon Appétit "Big Beans and Tomato Vinaigrette," (7/9/19)



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

