



Healthy Recipes

White Bean Summer Salad

YIELDS
4 servings

PREP TIME
10 min.

COOK TIME
15 min.

TOTAL TIME
25 min.

Salad Ingredients

2 small zucchinis

1 corn on the cob

14 oz can of white beans (cannellini),
drained & rinsed

7 ounces cherry tomatoes, quartered

3 celery stalks, finely sliced

1 can sliced black olives
or 12 whole black olives, sliced

Dressing Ingredients

2 tablespoon lemon juice

1 garlic glove, finely grated

1/2 oz fresh basil, leaves only

3 tablespoon olive oil, more for brushing

Salt and pepper to taste

Salad Instructions

Preheat a griddle pan on medium high.
Cut zucchini into quarter inch thick
slices on the diagonal.

Brush corn and zucchini slices with olive
oil and arrange on the preheated pan.
Allow them to cook undisturbed until

charred on all sides—turning the corn
every 3 minutes or so.

Gently chop zucchini slices into pieces
and shave corn kernels off the cob.

Combine charred vegetables with
drained beans, tomatoes, celery stalks,
and pitted olives in a bowl.

Stir the dressing (or dressing and
chopped basil) through the salad.

Dressing Instructions

Combine grated garlic clove and lemon
juice in a small bowl. Set aside—lemon
juice will take the harshness out of
the garlic.

Place basil leaves, olive oil, lemon juice,
and garlic in a blender/food processor.
Blitz well and season to taste.

Alternatively, chop basil leaves really
finely and combine dressing ingredients
in a small bowl.

Nutrition facts

Calories: 272

Fat: 18 grams

Saturated fat:
1 gram

Carbohydrates:
24 grams

Sugar: 4 grams

Fiber: 6 grams

Protein: 6 grams

For more recipes,
visit our blog at
chas.org/blog.