

White Bean, Tomato, and Kale Salad

Prep time: 10 minutes

Cooking time: 5 minutes

Yields: 4 servings

Ingredients:

1 can or 2 cups cooked organic northern beans

1/2 cup cherry tomatoes cut in half

1 cup kale, chopped and blanched

Lemon vinaigrette*

Salt and pepper to taste

Directions:

Combine all ingredients and toss thoroughly.

*see Lemon Vinaigrette recipe

Chef Mat Shalenko

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