

# Roasted Chicken & White Bean Salad

*Nutritional Information on back.*



 St. John's Hospital

*Fold or cut here to fit in recipe box.*

## Roasted Chicken & White Bean Salad

- 2 cups boneless, skinless rotisserie chicken, coarsely chopped
- 2 (16-oz.) cans no-salt cannellini beans (or regular canned variety, rinsed and drained)
- ½ cup celery, small dice
- 1 cup tomato, chopped and seeded
- ¼ cup red wine vinegar
- 2 tsp. Dijon mustard
- ½ tsp. Italian seasoning
- ¼ tsp. freshly ground pepper
- 6 romaine leaves, rinsed and dried
- 1/3 cup fresh basil, coarsely chopped
- ½ cup red onion, thinly sliced
- 1 Tbsp. fresh lemon juice
- 2 garlic cloves, minced
- ½ tsp. salt
- 2 Tbsp. extra virgin olive oil

Place first five ingredients (chicken through onion) in mixing bowl and gently toss to combine. Combine next seven ingredients (vinegar through pepper) in mixing bowl and stir with whisk. Pour olive oil in last while whisking the dressing to



create a rich consistency. Drizzle over chicken mixture and gently toss to coat. Serve over romaine lettuce and garnish with fresh basil. Makes 6 servings.

*Nutritional information per serving*

250 calories, 8 g total fat (1 g saturated fat), 23 g carbohydrate, 20 g protein, 7 g dietary fiber, 330 mg sodium