

White Bean, Artichoke, and Brussels Sprout Salad

Makes 6 servings

Ingredients

Salad

- 1 lb. washed halved Brussels sprouts, steamed for 5-10 minutes until tender
- 1 cup chopped artichoke hearts
- 1 15-ounce can Cannelloni (Great Northern) beans, drained and rinsed
- ½ medium cucumber, peeled, halved lengthways, and sliced
- 1 small bell pepper, seeds and top removed, cut into small cubes (about 1 cup)
- ¼ cup roughly chopped flat-leaf parsley

Dressing

- 3 tbsp. extra virgin olive oil
- 1 tbsp. Dijon mustard
- ¼ cup lemon juice
- Salt and pepper, to taste
- 1 tsp. dried basil

Directions

- 1.) Put the steamed Brussels sprouts in a large serving bowl. Add artichokes, drained and rinsed Cannelloni beans, cucumber, bell pepper, and parsley. Mix.
- 2.) In a small bowl, whisk together all ingredients for dressing. Pour over the salad and toss to coat evenly.
- 3.) Serve cold or at room temperature. (It tends to taste better if you let it sit for a while prior to serving so the flavors can infuse together)