

Artichoke, Bean and Basil salad

- 1 14-oz can artichoke hearts, quartered
- 1 medium tomato, chopped
- 1 14-oz can low sodium cannellini beans, rinsed and drained
- 2 Tbsp fresh basil, chopped
- 1 Tbsp fresh parsley, chopped
- 2 Tbsp balsamic vinegar
- 2 tsp olive oil

Combine ingredients in medium bowl with oil and vinegar. Serve chilled or at room temperature.

Serving Size=1 cup

Serves 6

Calories 110 Fat 2g Sat Fat 0g Sodium 210 mg Carbohydrate 15g Fiber 5g Protein 3g