




























**WHITE BEAN AND ROASTED CHICKEN SALAD (page 1)**

STEPS	INGREDIENTS	PROCEDURE
<p style="text-align: center;"><b>1</b></p>	 <p><b>1 package grilled chicken strips</b></p>	<p><b>Cut chicken strips into smaller pieces.</b></p> 
<p style="text-align: center;"><b>2</b></p>	 <p><b>1 can diced Italian tomatoes</b></p> <p><b>1/2 bag frozen onions</b></p> <p><b>1 Tablespoon dried basil</b></p>	<p><b>Open tomatoes and drain in colander.</b></p>  

**WHITE BEAN AND ROASTED CHICKEN SALAD (page 2)**

STEP	INGREDIENTS	PROCEDURE
<p style="text-align: center; font-size: 2em;"><b>3</b></p>	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><b>1 (16 oz) can white beans</b></p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><b>water</b></p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><b>Colander</b></p> </div> </div> <div style="display: flex; justify-content: space-around; width: 100%; margin-bottom: 10px;">   </div> <div style="display: flex; justify-content: space-around; width: 100%; margin-bottom: 10px;">   </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">   </div> </div>	<p><b>Drain and rinse beans.</b></p>  <p style="text-align: center;"><b>Place rinsed beans, tomatoes, onions and basil into a bowl.</b></p> <p style="text-align: center;"><b>Add chopped chicken, stir to mix.</b></p> 

**WHITE BEAN AND ROASTED CHICKEN SALAD DRESSING (page 3)**

STEP	INGREDIENTS	PROCEDURE
<b>4</b>	<p>  1/4 cup red wine vinegar   </p> <p>  2 Tablespoons olive oil   </p> <p>  1 Tablespoon lemon juice   </p> <p>  2 teaspoons Dijon mustard   </p> <p>  1/2 teaspoon salt   </p> <p>  1/4 teaspoon pepper   </p> <p>  1 teaspoon minced garlic   </p> <p>  whisk   </p>	<p>Combine all ingredients into a bowl and stir with a whisk.</p>  <p>Pour dressing over chicken and beans. Stir to coat all ingredients with dressing.</p> 

# Nutrition Facts

4 servings per container

**Serving size** 1.25 cups

Amount per serving

**Calories** 240

% Daily Value\*

**Total Fat** 9g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 35mg 12%

**Sodium** 810mg 35%

**Total Carbohydrate** 21g 8%

Dietary Fiber 6g 21%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 20g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 2mg 10%

Potassium 201mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.