

Tuscan White Bean Salad

4 Cups Cannelloni beans or other white beans – drained
2 Cloves fresh garlic – peeled and minced
1 Cup fresh plum tomatoes – coarsely chopped
1/2 Cup red onion – coarsely chopped
1/2 Cup Italian parsley – chopped
1/2 Cup sage, oregano or basil (or combination) - fresh, finely chopped
1/4 Cup red wine vinegar – May need up to 1/2 cup
Few drops balsamic vinegar (optional)
Extra virgin olive oil – to drizzle over salad
Salt and pepper – to taste
6 Cups fresh baby spinach – washed, stems removed



In a medium bowl, combine the first 6 ingredients.

Add wine vinegar and balsamic vinegar and toss gently to mix but not break up beans. Drizzle a small amount of olive oil over bean mixture and toss lightly.

Season with salt and freshly ground black pepper to taste.

May serve plain or on a bed of spinach, at room temperature or chilled, as desired. Accompany with toasted slices of baguette drizzled with olive oil.

Tuscan bean salad is very common on antipasto menus and tables in Tuscany. The salad may be served at room temperature or chilled.

Serving Size: 6