

Italian Bean, Asparagus and Tomato Salad



2 cans (15 ounces each) white beans, drained, rinsed
2 cups steamed cut fresh asparagus
2 cups chopped plum tomatoes
1/2 cup reduced fat Italian dressing
2 tablespoons chopped fresh basil
2 tablespoons grated parmesan cheese

1. Combine beans, asparagus, tomatoes and dressing. Cover and refrigerate at least 1 hour.
2. Sprinkle with basil and cheese just before serving.

Yield: 3 cups

Nutrition Facts		
Serving Size: 1 cup		
Servings per recipe: 6		
Amount Per Serving		
Calories 218	Calories from fat 27	
	% Daily Value	
Total Fat 3g		5%
Saturated Fat	1g	4%
Cholesterol 3mg		1%
Sodium 202mg		8%
Carbohydrate 37g		12%
Dietary Fiber	8g	34%
Protein 13g		25%
Vitamin A: 14%	Vitamin C: 29%	Folacin: 40%
Calcium: 14%	Iron: 28%	Potassium: 26%

Original source: kraftfoods.com accessed on 3/10/04
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