

White Bean & Veggie Salad (Serves 1)

Ingredients:

- 2 cups mixed salad greens
- ¾ cup veggies of your choice, such as chopped cucumbers and cherry tomatoes
- ⅓ cup canned white beans, rinsed and drained
- ½ avocado, diced
- 1 tablespoon red-wine vinegar
- 2 teaspoons extra-virgin olive oil
- ¼ teaspoon kosher salt
- Freshly ground pepper to taste



Directions:

Combine greens, veggies, beans and avocado in a medium bowl. Drizzle with vinegar and oil and season with salt and pepper. Toss to combine and transfer to a large plate.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1- 800-352-2583 (TTY: 1-800-955-8770).

Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association.

Unless otherwise indicated, all materials, content and forms contained in this newsletter are the intellectual property of Better You. No materials, content and forms contained herein may be copied, reproduced, distributed or displayed in full or in part without expressed written permission by Better You.