

# Mediterranean Chicken and White Bean Salad

This refreshing salad starts with cooked chicken, white beans, cucumber, and onion with a splash of fresh lemon juice, oil and seasonings!

Makes: 4 Servings

Source: U.S. Department of Agriculture, Choose MyPlate recipe/Mediterranean Chicken and White Bean Salad



Small Changes,  
BIG Difference!

## Ingredients

- 1 cup skinless cooked chicken (diced into 1/2 inch pieces)
- 1 can 15.5 ounce low-sodium white beans (drained and rinsed with cold water)
- 1 cucumber (peeled and diced into 1/2 inch pieces)
- 1/4 red or white onion (peeled and chopped into 1/2 inch pieces)
- 2 tablespoon vegetable oil
- 1/4 cup lemon juice
- 1 tablespoon dried basil or parsley leaves
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

## Directions

1. Put everything in the bowl and gently toss.
2. Serve right away, or cover and refrigerate up to 2 days



## Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	297
Total Fat:	11 g
Saturated Fat:	2 g
Cholesterol:	32 mg
Sodium:	288 mg
Total Carbohydrates:	31 g
Dietary Fiber:	8 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	20 g
Vitamin D	0 mcg
Calcium	138 mcg
Iron	6 mg
Potassium	820 mg

## Utensils Needed

- Large bowl
- Spoon or cooking tongs for tossing the salad
- Serving bowl or plate
- Fork

# SHOPPING LIST

Average total cost without oil and seasonings: \$8.77

Average cost/serving: \$2.19

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Grocery Checklist



Add 1 to Cart  
Chicken Thighs  
Boneless and  
Skinless, 1 lb



Add 1 to Cart  
Low-Sodium  
White Beans,  
15.5 oz can



Add 1 to Cart  
Cucumber, 1 ct



Add 1 to Cart  
Red Onion, 1 ct



Add 2 to Cart  
Lemon, 1 ct

## Oil & Seasonings Needed



Add 1 to Cart  
Pepper, 1 ct



Add 1 to Cart  
Dried Basil, 1 oz



Add 1 to Cart  
Vegetable Oil, 16 fl oz



Add 1 to Cart  
Salt, 1 ct

**My Cooking Notes**

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