

Bean & Salmon Salad with Anchovy-Arugula Dressing



INGREDIENTS: 4 SERVINGS

- 1½ cups baby arugula
- ½ cup fresh parsley leaves
- ¼ cup lemon juice
- 3 cloves garlic, minced
- 2 oil-packed anchovy fillets, finely chopped
- 1 tablespoon chopped shallot
- Pinch of salt, plus ¼ teaspoon, divided
- ¼ cup extra-virgin olive oil
- 4 cups cooked (can use canned) cannellini beans, well drained, at room temperature
- 1 7-ounce can wild salmon, any bones and skin removed, flaked
- ¾ cup thinly sliced radishes
- 1 stalk celery, sliced diagonally ¼ inch thick
- Freshly ground pepper to taste
- 4 large leaves butterhead or Boston lettuce
- 1 avocado, sliced, for garnish

PREPARATION:

- Place arugula, parsley, lemon juice, garlic, anchovies, shallot and pinch of salt in a food processor; process until finely chopped. With the motor running, slowly drizzle in oil.
- Gently combine beans, salmon, radishes, celery, the remaining ¼ teaspoon salt and pepper in a large bowl. Pour in the dressing and gently toss to combine.
- To serve, line 4 plates with a lettuce leaf. Divide the salad evenly among the plates. Garnish with avocado slices, if desired.

NUTRITION FACTS:

Serving size: about 1½ cups

Per serving: 444 calories; 19 g fat(3 g sat); 14 g fiber; 46 g carbohydrates; 25 g protein; 271 mcg folate; 25 mg cholesterol; 2 g sugars; 0 g added sugars; 1,233 IU vitamin A; 22 mg vitamin C; 152 mg calcium; 6 mg iron; 551 mg sodium; 933 mg potassium