



Reach



**Racial & Ethnic Approaches
to Community Health**

GREENWOOD LEFLORE HOSPITAL

*Made possible with funding from the
Centers for Disease Control & Prevention*

Tuscan Beans with Tomatoes & Oregano / Ingredients

1 can (15½ ounce) low-sodium navy or white beans,
drained and rinsed

2 cups cherry tomatoes, rinsed and halved

1 tablespoon olive oil

1 teaspoon balsamic vinegar

1 teaspoon dried oregano

⅛ teaspoon ground black pepper

½ teaspoon salt-free italian seasoning blend

Fresh spinach, rinsed and dried

Recipe inspired by healthyeating.nhlbi.nih.gov

Cooking Instructions

- 1.** In a large salad bowl, combine beans and tomatoes.
- 2.** In a small bowl, combine olive oil, vinegar, oregano, pepper, and italian seasoning blend. Using a wire whisk, beat the ingredients until they blend into one thick sauce at the point where the oil and vinegar no longer separate.
- 3.** Pour the dressing over the beans and tomatoes, and mix gently to coat.
- 4.** Place spinach in 4 salad bowls.
- 5.** Place $\frac{1}{4}$ of the bean mixture on top of spinach, and serve.

Nutritional Information

Yield: 4 servings

Each serving provides:

Calories: 265

Total fat: 10 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 116 mg

Fiber: 10 g

Protein: 12 g

Carbohydrate: 35 g

Potassium: 731 mg