

# Black-and-White Bean Salad

# recipe

PREP TIME: 20 min | SERVINGS: 4

weightwatchers



0  
SmartPoints  
value

## INGREDIENTS

- 1 cup canned white beans, drained and rinsed
- 1 cup canned black beans, drained and rinsed
- 1 large fresh tomato, diced
- 1 small onion, diced
- 1 celery rib, diced
- 2 Tbsp white or red wine vinegar
- 3 Tbsp minced fresh Italian flat-leaf parsley or basil
- $\frac{1}{8}$  tsp table salt, or more to taste
- $\frac{1}{8}$  tsp ground black pepper, or more to taste

## INSTRUCTIONS

In a large bowl, combine beans, tomato, onion, and celery. Gently stir in vinegar and sprinkle with parsley or basil; season to taste with salt and pepper.

Serving size: about 1 cup

## NOTE

This recipe is fresh-tasting, quick, and flavorful. Keep it basic as written or add fresh lemon or lime juice, capers, and/or olive oil (any changes could affect the recipe's SmartPoints® value).