

# Warm Cannellini Bean Salad with Salmon and Citrus Vinaigrette

(Makes 4 servings)

## **Ingredients:**

- One 15-ounce can cannellini beans, rinsed and drained
- Olive oil cooking spray
- One 12-ounce wild salmon filet
- 1 medium red onion, thinly sliced
- 1 garlic clove, minced
- ½ English cucumber, thinly sliced
- 1 red bell pepper, seeded and chopped
- 2 tablespoon chopped fresh mint
- 4 Bibb or Boston lettuce leaf cups

## **Citrus Vinaigrette:**

- ¼ cup fresh orange juice
- 1 teaspoon grated orange zest
- 1 tablespoon white wine vinegar
- 2 tablespoons extra virgin olive oil
- 3/9 teaspoon kosher salt, optional
- Freshly ground pepper



## **Directions:**

- 1) Place the beans in a salad bowl. Set aside.
- 2) Heat a ridged grill pan or a barbecue grill. Coat the grill or pan with cooking spray. Grill the salmon. Cook for 10 to 15 minutes, turning once, until cooked through; use a sharp knife to check for doneness. When done, cool 5 minutes and divide into 4 sections.
- 3) Coat a nonstick skillet with cooking spray. Sauté the onions until translucent. Add the garlic and continue to sauté for 1 minute more. Stir into the reserved beans. Add the cucumber, bell pepper, and mint. Toss the salad.
- 4) In a small bowl, whisk together the orange juice, zest, vinegar, oil, salt (if using), and pepper; toss with the salad. Place the lettuce cups on 4 plates. Top with salad and place the salmon alongside. Serve immediately.

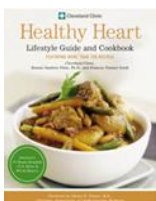
## **Nutritional Analysis:** (per serving)

- Calories: 320 (41% calories from fat)
- Total Fat: 14 g
- Saturated Fat: 2.5 g
- Protein: 23 g
- Carbohydrates: 23 g
- Dietary Fiber: 6 g
- Cholesterol: 45 mg
- Sodium: 260 mg
- Potassium: 620 mg

## **Dietician's Note:**

Packed with fiber, potassium, and your daily allotment of omega-3-rich fats, this Italianate dish is a winner!

## **Source:**



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.