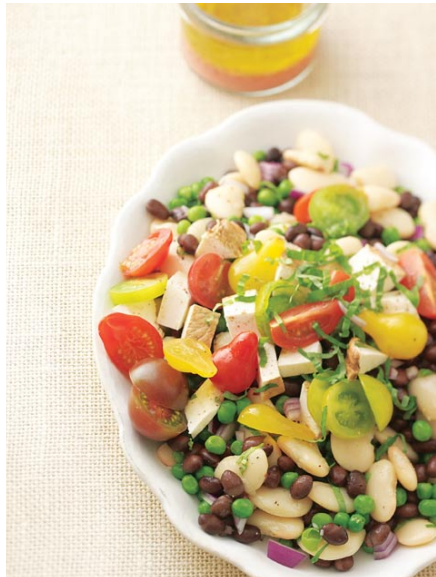


Bean, Tomato, and Smoked Mozzarella Salad

Simple Every Day | July/August 2007



Smoked fresh mozzarella comes in one large ball or mini balls. Look for it in the cheese aisle. You can substitute plain fresh mozzarella, goat cheese, feta, or cubed smoked gouda in this quick salad.

- 1 15-OZ. CAN BLACK BEANS, RINSED AND DRAINED
- 1 15-OZ. CAN BUTTER BEANS, CANNELLINI BEANS, OR FAVA BEANS, RINSED AND DRAINED
- 1 CUP FROZEN PEAS, THAWED
- 1/4 CUP CHOPPED RED ONION
- 1/4 CUP SHREDDED FRESH BASIL
- 1/3–1/2 CUP BOTTLED VINAIGRETTE OR *SHERRY-RICE VINAIGRETTE*
- 4 OZ. SMOKED FRESH MOZZARELLA, CUT IN CUBES OR STRIPS
- 10–12 CHERRY, PEAR, OR GRAPE TOMATOES, HALVED OR QUARTERED
- SEA SALT AND FRESHLY GROUND BLACK PEPPER

In a large bowl combine beans, peas, onion, and half the basil. Toss with half the vinaigrette. Arrange on a platter. Arrange cheese and tomatoes atop. Top with remaining fresh basil. Cover and refrigerate for 15 minutes or up to 4 hours. If desired, pass remaining vinaigrette. Season to taste with sea salt and freshly ground black pepper. Makes 6 main-dish servings.

SHERRY-RICE VINAIGRETTE: In a screw-top jar combine 1/2 cup extra-virgin olive oil, 2 tablespoons rice vinegar, 1 tablespoon sherry vinegar, 1 teaspoon Dijon or whole-grain mustard, 1/2 teaspoon sea salt, and 1/4 teaspoon freshly ground black pepper. Cover and shake well. Will keep refrigerated for up to 1 week. Let stand at room temperature 30 minutes before serving. Makes about 2/3 cup.

Per serving: 235 cal., 11 g fat (3 g sat. fat), 13 mg chol., 671 mg sodium, 24 g carbo., 7 g fiber, 11 g pro

SERVING SUGGESTION

As an accompaniment to the salad, serve toasted baguette slices spread with chive cream cheese and topped with smoked salmon or salmon lox. Or, spread the toasted slices with vegetable cream cheese and top with thinly sliced cucumbers and kalamata olive wedges.