

 **Prep:** 15 minutes  
 **Cook:** 20 minutes  
 **Servings:** 4

# Grilled Potato and Cannellini Bean Salad

## INGREDIENTS

- 1 large russet potato, *thickly sliced*
- 1 medium onion (red or white), *peeled and thickly sliced*
- 2 Tbsp olive oil
- 1 can (~15 oz) Cannellini or Great Northern Beans, any variety, *drained*
- 1 tsp Dijon mustard
- 1 lemon, *juiced*, or 3-4 drops of vinegar
- ½ tsp crushed red pepper flakes
- Salt and pepper
- 12" x 12" piece of heavy-duty aluminum foil (for grill)

## DIRECTIONS

1. Turn up edges of aluminum foil to form tray, set aside. Heat grill to medium.
2. Brush potato and onion slices with 1 tablespoon of oil. Cook directly on grill, turning frequently until cooked thoroughly but not charred.
3. Remove grilled vegetables to aluminum foil tray. Separate onion rings; toss with beans, mustard, remaining oil and lemon juice or vinegar.
4. Sprinkle with red pepper flakes and season with salt and pepper to taste.
5. Keep warm in foil tray until serving.

### Nutrition Information (per serving)

Calories 226	Carbohydrate 34g	Calcium 45mg (3% DV)
Total Fat 7.5g	Fiber 8g	Iron 2mg (12% DV)
Saturated Fat 1g	Protein 7g	



**Canned Beans**  
OPEN THE POSSIBILITIES