

Warm White Bean Salad With Arugula & Lemon

In Spain, white beans often are used to make a warm salad. If you can find them, use the big, meaty Spanish beans, which have a pronounced flavor and texture. If not, use Great Northern beans.

INGREDIENTS:

- ☐ 1 pound dried white beans (Spanish if possible)
- ☐ 2 teaspoons coarse sea salt
- ☐ 1 bay leaf
- ☐ ¼ to ⅓ cup extra virgin olive oil
- ☐ 2 tablespoons fresh lemon juice
- ☐ 1 tablespoon finely grated lemon zest
- ☐ 1 cup coarsely chopped arugula

INSTRUCTIONS: Rinse the beans. Put them in a large saucepan or stockpot and add cold water to cover by 4 inches. Add 1 teaspoon of the salt and the bay leaf. Bring to a boil, then reduce the heat to low. Let simmer, covered, until the beans

are soft and tender to the bite. The length of time needed will depend upon the beans used. The large Spanish white beans will take a good 3 hours, while smaller white beans can take up to 1½ hours.

When the beans are done, drain them and put them in a bowl. Add the olive oil, the remaining salt, the lemon juice, lemon zest and the arugula. Gently turn until the beans are well coated with oil and the seasonings distributed.

Serve warm or at room temperature.

Serves 8

PER SERVING: 250 calories, 12 g protein, 34 g carbohydrate, 8 g fat (1 g saturated), 0 cholesterol, 291 mg sodium, 13 g fiber.