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Warm Bean and Spinach Salad

Prep Time: 15 minutes

Cook Time: 5 minutes

Cost per serving: \$1.43

What you need:

Utensils:

- Medium bowl
- Mixing spoon
- Can opener
- 1 quart saucepan
- Measuring cups & spoons

Ingredients:

- 1 10-ounce package fresh spinach, washed and dried
- 1 15-ounce can white beans, rinsed and drained
- 1 large bell pepper, chopped
- $\frac{1}{3}$ cup fat free Italian dressing
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{2}$ cup shredded low fat cheddar cheese

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Wash and dry spinach and tear into bite size pieces.
4. Add spinach and white beans to a bowl.
5. In a 1 quart saucepan, heat bell pepper with dressing, until dressing starts to bubble.
6. Lower heat and cook for 2 minutes, stirring occasionally.
7. Add spices and mix well.
8. Pour bell pepper dressing over spinach and beans. Mix dressing with vegetables.
9. Sprinkle with cheese and serve immediately.

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 390mg	16%
Total Carbohydrate 21g	7%
Dietary Fiber 7g	28%
Sugars 4g	
Protein 11g	
Vitamin A 140%	Vitamin C 110%
Calcium 15%	Iron 20%