



Savory Bean Salad

## Savory Bean Salad

**Yield: 8 servings (about ¾ cup each)**

### Ingredients:

- ½ pound bacon
- ¼ cup water
- ¼ cup cider vinegar
- 2 15.5-ounce cans great northern beans, rinsed and drained
- 2 cups peas, cooked
- 1 teaspoon dried savory, crumbled
- salt and pepper to taste
- 4 cups finely shredded cabbage (optional)
- 16 cherry tomatoes, halved (optional)

### Procedure:

In a large skillet cook bacon over moderate heat until crisp. While the bacon is draining on paper towels, pour off all but 2 tablespoons of bacon grease from skillet (save excess grease for another purpose, or discard). Add water and vinegar to skillet and simmer, whisking frequently. As mixture simmers, crumble bacon into dressing. Add beans, peas and savory and bring back to a simmer for about 1 minute. Adjust seasoning with salt and pepper and serve immediately. If desired, place each serving of bean salad atop ½ cup of shredded cabbage and garnish with four cherry tomato halves.

contains 325 calories and 14 grams of fat per serving

**A serving of Savory Bean Salad also provides about 45 percent of the daily recommendation for vitamin C, 40 percent of the recommended folacin and 20 percent of the recommended iron.**