



# Tuscan Medley Salad

## Servings

4

## Calories

270

## Prep Time

10 minutes

## Total Time

30 minutes

## Skill Level

Easy

## Ingredients

### For the Dressing

¼ cup olive oil

3 tablespoons white wine vinegar

1½ teaspoon crushed garlic

½ teaspoon Dijon mustard

⅛ teaspoon red pepper, crushed

1 teaspoon salt

¼ teaspoon black pepper, freshly ground

### For the Salad

1 (12 ounce) bag Mann's Vegetable Medley

1 (15 ounce) cannellini beans, rinsed and drained

¼ cup chopped bacon bits

2 tablespoons chopped Italian parsley



## The Method

### For the Dressing

In a small bowl, add all of the ingredients for the dressing and whisk until well blended. Set aside.

### For the Salad

Bring large pot of salted water to a boil over high heat. Add Mann's Vegetable Medley and cook until water returns to a rolling boil, about 1-2 minutes. Drain and rinse under cold running water to cool. Drain well.

In a large bowl, combine vegetables with beans, bacon, parsley and dressing. Toss gently to mix. If made in advance, cover and refrigerate up to 24 hours

### Nutrition Facts

Serving Size 227g | Servings: 4

### Amount Per Serving

Calories 270 | Total Fat 17g (sat 1.5g Trans 0g) | Cholesterol 5mg | Sodium 790mg | Total Carbohydrate 20g | Dietary Fiber 4g |

Sugars 4g (Includes 0g Added Sugars) | Protein 9g | Vitamin D 0% | Calcium 4% | Iron 10% | Potassium 6%