

Tomato Mozzarella Salad



1/2 cup Kraft® Light House Italian dressing
1 15-ounce can black beans, organic
1 15-ounce can Great Northern beans, organic
1 small cucumber, quartered lengthwise and sliced (1 cup)
8 ounces round- or log-shaped fresh part-skim mozzarella, thinly sliced
2 red and/or yellow tomatoes, thinly sliced
4 green onions, thinly sliced (1/2 cup)
Fresh basil sprigs (optional)

Drain and rinse beans; drain thoroughly. Combine beans, cucumber, and dressing in a large bowl; toss. Divide among four dinner plates. Arrange cheese and tomato slices alternately atop bean mixture. Sprinkle with sliced green onion. Garnish with basil sprigs, if desired. Makes six servings.

Note: Organic canned beans are recommended for the convenience of canned beans without added sodium.

Nutrition information per serving: calories 296, protein 18 grams, fat 7 grams, carbohydrates 29 grams, sodium 485 mg.