



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

White Bean & Cherry Tomato Salad

1 -15 ounce can of white
cannellini beans, drained and
rinsed

1 pint cherry tomatoes, halved

Dressing:

¼ cup extra virgin olive oil

3 cloves garlic, peeled and
smashed

1 - 3-inch sprig of fresh rosemary

3 anchovy fillets, coarse chopped
(omit for vegetarian option)

¼ cup thinly sliced red onion

½ cup coarsely chopped parsley

4 cups arugula

¼ cup nutritional yeast cheese

½ tsp kosher salt

¼ tsp freshly ground pepper

1 tsp lemon zest

¼ cup lemon juice

Start by making dressing. Put the garlic and rosemary in olive oil in a small saucepan. Heat on medium until the rosemary begins to sizzle. Remove pan from heat and let sit for 20 minutes, allowing the rosemary and garlic to infuse in the oil. Can do this ahead and soak overnight for stronger oil flavor. Remove the rosemary sprig from the oil, discard. Remove garlic from oil, reserve oil. Add garlic anchovies, nutritional yeast, salt, pepper, lemon zest, and lemon juice to a food processor. Pulse until smooth. In a medium bowl, gently fold the garlic mixture in with the beans until they are well coated. Let sit for a few minutes for the beans to absorb the flavor. Gently mix in the reserved olive oil, tomatoes, and parsley. Lay over a bed of arugula to serve.

Serves 2 as a lunch salad

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