



READ[®]

QUICK ITALIAN BEAN SALAD

SERVES: 1 SERVING | **PREP & COOK TIME:** 10 MINUTES

INGREDIENTS

- 1 single serve READ 3 Bean Salad Cup
- 1/2 cup chopped fresh tomatoes
- 1/4 teaspoon Italian seasoning, optional
- 2 to 3 ounces cooked chicken (see note)
- 1 tablespoon shredded Parmesan cheese
- Fresh basil, thinly sliced

INSTRUCTIONS

1. Drain bean salad; reserve 2 tablespoons liquid.
2. To prepare dressing, in small bowl whisk together reserved liquid, lime juice, 1 tablespoon adobo sauce, mustard, salt and pepper. Whisk in oil until completely combined. Stir in cilantro; set aside.
3. In medium bowl, combine bean salad, quinoa, chicken, onions and minced chipotle pepper. Add dressing; toss gently.
4. Divide bean salad mixture equally among lettuce cups.

FIND IT ONLINE:

<http://www.readsalads.com/recipes/2015/8/18/quick-italian-bean-salad?rq=salad>

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