



AT LENOX HILL NEIGHBORHOOD HOUSE

## Lemon White Bean Arugula Salad

Arugula, known for its peppery notes, offers a bite to this delicious salad. The addition of cannellini beans helps bulk up the salad and not only adds flavor but serves as a fantastic source of fiber and protein. All of these flavors are tossed in a light, lemony-dill dressing. The hint of Dijon mustard is an excellent addition because it helps bind the dressing, and this with the oil, helps give the salad a nice even coating.

Serves 4 - 1 ½ cup servings

### Ingredients

1 15-ounce can unsalted cannellini beans, rinsed and drained  
4 cups loosely packed arugula  
½ cup thinly sliced red onion

### Dressing:

1 tablespoon capers, drained and chopped  
3 tablespoons fresh dill, chopped  
Zest of 1 lemon  
Juice of 1 lemon (3-4 tablespoons)  
1 teaspoon Dijon Mustard  
3 tablespoons olive oil  
¾ teaspoon kosher salt  
½ teaspoon fresh garlic, minced  
1/8 teaspoon ground red pepper

### Directions

1. In a small bowl, combine capers, dill, lemon zest, lemon juice, Dijon mustard, garlic, salt and red pepper. While whisking, slowly add oil.
2. In a medium bowl, add cannellini beans, arugula, and onion. Drizzle dressing and toss to coat evenly. Serve immediately.

THE  
**TEACHING**  
**KITCHEN**

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Tips:

1. Lightly warm the cannellini beans before tossing with dressing.
2. Serve with shaved pecorino cheese.
3. Serve as a side salad with a piece of grilled fish or chicken.
4. Make extra dressing and use as a marinade for your grilled fish or chicken.
5. Combine arugula with a mesclun mix for a less peppery taste.