

SONOMA SUPPER SALAD

1 8 oz jar marinated dried tomatoes 1 med green bell pepper, cut into 1" strips
2 T olive oil ¼ c red wine vinegar
1 c sliced red onion 3 T lemon juice
2 cloves garlic, minced (2 t) ½ c fresh basil leaves, cut into thin strips
3 15 oz can Great Northern beans, salt & pepper
 rinsed & drained lettuce leaves for garnish
2 c cooked ham, chicken or turkey strips

Drain oil from tomatoes into a 12" skillet, snip tomatoes in half and set aside.

Heat tomato oil with olive oil over medium heat; add onion & cook, stirring 3 minutes. Mix in garlic; cook, stirring, 1 minute. Stir in reserved tomatoes, beans, ham strips, bell pepper, vinegar and lemon juice. Cover and cook 3 to 5 minutes or until heated through. Remove from heat; stir in basil and season with salt & pepper to taste. Arrange lettuce leaves in four soup bowls or on dinner plates; top with bean mixture, dividing equally.

Makes 4 servings.

Calories: 542, Carbohydrate: 66 grams, Protein: 36 grams, Fat: 15 grams.