SUMMER SQUASH AND WHITE BEAN SALAD

You can use yellow or green squash (zucchini) or a mixture of the two!

foodbank of the Southern Tier

Just Say Yes To Fruits & Vegetables

www.foodbankstst.org/jsy

Fidelis Care®
SUMMER SQUASH AND WHITE BEAN SALAD  
SERVES 10 • SERVING: ¾ CUP

INGREDIENTS:
- 4 cups diced summer squash
- 1 cup chopped red onion
- 1 19-ounce can drained and rinsed cannellini beans
- 2 tablespoons vegetable oil
- ¼ cup apple cider vinegar
- ½ tablespoon chopped rosemary
- Salt and pepper to taste

DIRECTIONS:
1. In a large bowl, combine summer squash, onion, and beans.
2. In a small bowl, mix oil, vinegar, rosemary, salt, and pepper.
3. Pour oil mixture over bean-squash mixture and toss.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

For more great recipes visit www.foodbankst.org/jsy

Recipe provided in partnership by the Food Bank’s Just Say Yes to Fruits & Vegetables Program as funded through the USDA’s Supplemental Nutrition Assistance Program – SNAP.