

# White Bean Salad with Purslane

Chef Jenn Magrey

Ledyard Farmers Market

\*\*Purslane is a weed that seriously has the most omegas of any plant. It is high in antioxidants, folate and iron too! If you can't find purslane, use baby spinach, arugula or any favorite green.

1 can drained White Cannellini beans (any bean will work!)

½ cup red onion – small dice – **Smith Acres**

½ cup cucumber – small diced – **Hidden Brook Gardens**

1 clove garlic – minced – **Smith Acres**

2 cups purslane leaves- **Hidden Brook Gardens** \*\* see above note

1 tablespoon favorite vinegar – apple cider, fruit infused, red wine...

1 teaspoon lemon juice

2 tablespoons olive oil

½ teaspoon Dijon mustard

6 large leaves basil- thin chiffonade - **LoPresti Farm**

Salt and pepper to taste (about ½ teaspoon each)

Place the veggies into a large bowl.

Place the vinaigrette ingredients into a small jar or in a bowl and shake or whisk well.

Pour over the salad and combine well.

Taste for more salt. Add if needed

Best served right away...the greens will wilt too much if you make ahead

However,...

If you make ahead, just mix everything together **EXCEPT** the greens; you can add the greens right before serving.

Enjoy!