

January Recipe: Healthy Dense Bean Salad (Pizza in a bowl)

January is all about clean starts and smart fuel -- and that includes lunch! This dense bean salad is protein-packed, fiber-rich, and easy to prep for busy weeks. It keeps well, tastes better the next day, and fuels long afternoons on job sites or in mechanical rooms.



Ingredients

Salad

- 1 (15-ounce) can cannellini beans, drained and rinsed
- 1 (15-ounce) can garbanzo beans, drained and rinsed
- 2 ounces turkey pepperoni, chopped
- 4 ounces salami, chopped
- 1 pint grape tomatoes, halved
- 1/2 cup diced yellow bell pepper
- 1/2 cup sliced Castelvetrano olives, or any variety
- 12 ounces marinated mozzarella pearls
- 1/3 cup diced red onion
- fresh basil, chopped

Dressing

- 2 cloves garlic, minced
- 4 ounces oil-packed sundried tomatoes, chopped, plus 2 tablespoons oil from the jar
- 2 tablespoons white wine vinegar
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon dried oregano
- 3 tablespoons olive oil, plus more as needed

Directions

1. In a large bowl combine beans, pepperoni, salami, grape tomatoes, yellow bell pepper, olives and red onion. Drain half of marinade from cheese and add the remaining marinated cheese to the bowl, along with fresh basil, and toss until combined.
2. In a food processor add sundried tomatoes with oil, garlic, salt, pepper, red pepper, and oregano. Puree mixture while drizzling in olive oil until well incorporated and smooth, adding in additional olive oil if necessary.
3. Pour dressing over bean salad and toss until well combined. Add in fresh basil, toss and serve immediately, or refrigerate until ready to serve.