



Mediterranean White Bean, Squid & Arugula Salad

Active Time: 15 minutes | Total Time: 15 minutes | Serves: 6

Nutrition Information Per Serving

271.4 calories, 20.76 g carbohydrate, 4.43 g fiber, 16.33 g NET carbs, 17.99 g protein, 13.23 g fat

Ingredients

- 1 1/2 cup(s) cherry organic cherry tomatoes, halved
- 1/4 tsp(s) sea salt
- 3 Tbsp(s) organic lemon juice
- 6 cup(s) organic baby arugula
- 1/4 tsp(s) freshly ground black pepper (to taste)
- 1/3 cup(s) organic extra virgin olive oil
- 1 16-oz can organic white beans, drained and rinsed
- 16 ounce(s) wild squid, bodies and tentacles separated

Preparation

1. Steam squid bodies and tentacles until tender, about 3 minutes. Transfer to plate and cool to lukewarm.
2. Cut squid bodies into 1/2-inch-wide rings. Cut squid tentacles in half if large.
3. Transfer squid to large non-reactive bowl.
4. Add arugula, tomatoes, beans, olive oil, and lemon juice. Toss gently to blend.
5. Season with salt and pepper.
6. Serve.

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