NO-COOK PROTEIN MEAL

Chicken & White Bean Salad

Lemony, satisfying and ready in under 10 minutes

SERVES	PREP	COOK
4	9 min	0 min

I INGREDIENTS

- **1/2 tsp** finely grated lemon zest
- **2 Tbsp** fresh lemon juice
- **1 Tbsp** olive oil
- **1/4 tsp** table salt
- **1/8 tsp** freshly ground black pepper
- **15 1/2 oz** cannellini beans, rinsed and drained
- **2 cups** cherry or grape tomatoes, halved
- **1/2 lb** cooked chicken breast, shredded
- **1 cup** fresh flat-leaf parsley
- **1 large rib** celery, thinly sliced
- **1 medium** shallot, minced

D DIRECTIONS

1. In a serving bowl, whisk together the lemon zest, lemon juice, olive oil, salt and pepper.
2. Add the cannellini beans, tomatoes, chicken, parsley, celery and shallot.
3. Toss until evenly coated, then let stand about 10 minutes to blend the flavors. Serve about 1 1/4 cups per person.

1 **WW POINTS**
per serving
4 POINTS FOR THE FULL RECIPE

COOK'S NOTE

This is an excellent use for leftover chicken. Serve in lettuce leaves or alongside whole-grain crackers.

ESTIMATED NUTRITION PER SERVING

CALORIES	PROTEIN	CARBS	FAT	SAT. FAT	FIBER	SODIUM
230	25g	24g	6g	1g	6g	410mg

Nutrition is approximate and varies by brand; WW Points reflect the cited WW recipe.