

# Roasted Vegetable, Bean and Herb Salad

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-butter-bean-salad-recipe>

## Ingredients:

- 1 pint cherry tomatoes
- 4 cups red potatoes cubed
- 2 cups arugula
- 2 cups butter beans pre-cooked or canned, drained
- 1 clove crushed garlic
- 1 lemon
- rosemary
- thyme
- extra-virgin olive oil
- sea salt

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 88 grams
3. Fat: 6 grams
4. Fiber: 23 grams
5. Protein: 23 grams
6. SaturatedFat: 1 grams
7. Sodium: 230 milligrams
8. Sugar: 12 grams

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