Super Age White Bean Tomato Salad Recipe

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JUN. 20, 2025

BY HEATHER HURLOCK

A heart-healthy, fiber-packed salad perfect for picnics or everyday lunch

This fresh, protein-packed, heart-healthy salad is everything you want in a fall-weather meal: crisp, cooling, and deeply nourishing. It’s the kind of dish that works just as well as a hearty lunch as it does prepped in your fridge for a week of easy, satisfying side dishes. Light yet satiating, it’s full of color, crunch, and clean, plant-forward fuel.

But this salad is a quiet powerhouse for your health.

This dish combines plant-based protein from cannellini beans with fiber-rich vegetables like cucumber, spinach, and tomatoes to support blood sugar stability, digestive health, and cardiovascular resilience. The olive oil vinaigrette adds healthy monounsaturated fats, while garlic and scallions bring anti-inflammatory, microbiome-supporting benefits.

Every ingredient plays a role in promoting metabolic health, hormone balance, and sustained energy; no post-meal slump here.

Super Age White Bean Tomato Salad Recipe

- **1 can (15 oz) cannellini beans**, drained and rinsed

- **1 English cucumber** (or 2 Persian cucumbers), diced
- **1 cup cherry tomatoes**, halved and de-seeded if desired
- **3 scallions**, thinly sliced (white green parts)
- **2 cups baby spinach**, roughly chopped
- **2 tablespoons fresh herbs**. Choose your flavor profile. I prefer fresh parsley, but it's also good with dill, basil, or oregano.
- **(optional) 1 clove garlic**, finely minced or microplaned (only if you can handle a little raw garlic)

For the Dressing

- **3 tablespoons extra virgin olive oil**
- **1 tablespoon red wine vinegar**
- **Sea salt and black pepper**, to taste

Instructions

1. **Mix the vinaigrette:** In a small jar or cup, combine olive oil, red wine vinegar, minced garlic, salt, and pepper. Shake or whisk until emulsified.
2. **Build the salad:** In a large bowl, add the beans, cucumber, tomatoes, scallions, spinach, and herbs.
3. **Toss to coat:** Pour the dressing over the salad. Gently toss to combine. Taste and adjust seasoning as needed.
4. **Let it rest:** For best flavor, let the salad sit for 10–15 minutes before serving.

Nutrition: 280 calories · 10g protein · 25g carbs · 8g fiber · 14g fat

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WRITTEN BY:



Heather Hurlock