



The Goldring Center  
for Culinary Medicine

TULANE UNIVERSITY

## Tomato and White Bean Salsa

### Ingredients:

1 tsp	Olive oil
2 cloves	Garlic, minced, divided
1/4 tsp	Black pepper, ground
2 each	Tomatoes, diced
1 (15 oz) can	Cannellini beans, drained and rinsed
1/4 tsp	Salt, kosher
1 Tbsp	Balsamic vinegar
2 Tbsp	Basil, fresh, chiffonade (sliced into thin ribbons)
1 Tbsp	Parmesan cheese, grated

### Preparation:

1. Gather all the ingredients and equipment.
2. In a bowl, combine all ingredients.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Servings</b>	
Calories	86
Calories from Fat	20
Total Fat	2 g
Saturated Fat	0.4 g
Trans Fat	0 g
Monounsaturated Fat	.5 g
Cholesterol	2 mg
Sodium	126 mg
Total Carbohydrates	11 g
Dietary Fiber	3 g
Sugars	2 g
Protein	5 g
Vitamin A	1.7 %
Calcium	2.6 %
Vitamin C	0 %
Iron	0 %