

White Bean Caprese Salad

Serves: 6

Ingredients

- 1 - 15oz. can of *'Great Northern Organic Bean's*, drained and rinsed
- 2 cups quartered cherry tomatoes
- 2 ½ oz. fresh mozzarella, cut into 1" cubes
- 1 garlic clove, finely minced
- ¼ tsp. salt
- Pepper to taste
- 10 fresh basil leaves, chopped,
- 2 tsp. olive oil
- 2 tsp. balsamic glaze

Instructions

- Combine beans and tomatoes in a bowl.
- Add basil and mozzarella - stir.
- Mix in garlic, salt, and pepper.
- Drizzle with olive oil and balsamic glaze.

Health Benefits: Northern Beans

- Packed with protein, which promotes healthy muscles, skin and other organs, while also helping the body heal and maintain fluid.
- Protein helps keep you full and satisfied, thus reducing the urge to snack on unhealthy foods from the pantry.
- Very high in fiber, which keeps the digestive system moving.
 - A healthy gut is essential to brain function

Health Benefits: Tomatoes

- Contains natural anti-inflammatory properties. (inflammation can cause joint pain, digestive issues and brain fog, just to name a few.)
- Lycopene in tomatoes has been shown to be beneficial to bone health, especially in women.
- Nutrient Dense: Contains vitamin C, Vitamin K, Calcium, and some beta-carotene as well.
- Packed full of anti-oxidants, which help the body fight off illnesses and disease.

Health Benefits: Garlic

- Garlic contains antimicrobial, antiviral, and antibacterial properties, which fight infections and reduce the risk of food borne illnesses.
- Garlic plays a vital role in the battle against inflammation in the body.
- Garlic can help the body naturally produce more white blood cells.
- Garlic has also been shown to help battle fatigue.

**Health
Benefits:
Olive Oil**

- Contains well-researched anti-inflammatory compounds.
- Full of antioxidants, helping the body battle against cell damaging free radicals.
 - Strengthens the immune system.
- Research studies have shown that extra virgin olive oil helps battle depression, dementia and obesity.
- Olive oil is high in healthy fatty acids, which contribute to heart health and brain function.

**Health
Benefits:
Mozzarella**

- B-12** - Contains 38% of the RDA - B-12 has been shown to be vital to brain function.
- Riboflavin** - (B-2)- Contains 17% RDA - Important to cell growth and is an important part of many of the processes that take place in our body.
- Calcium** - Contains 51% RDA - Calcium is extremely important to bone health, especially as we age. (*Bone density decreases w/age.*)
- Phosphorus** - Contains 35% RDA - This mineral assists the body with the absorption of Calcium
- Selenium** - 24% RDA - Powerful antioxidant and has also been shown to support cognitive function.