

Your recipe

Spotlight on *enhancing energy*

Want to amp up your energy reserves? Focus on what fuels your body.



First, portion size is key. Moderately sized meals that you stop eating when you’re comfortably full, not stuffed, will help avoid that “food coma” feel, Magee said. She also recommends balancing your meals with whole foods rich in protein, carbohydrates and fat. This is the type of fuel that will supply your body with a steady stream of sustained energy, as opposed to a quick burst.⁹

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Consult your doctor before making diet changes, especially if you have food allergies or medical conditions.

Peak energy panzanella with white beans

 **Time to cook:** 30min
 **Serves:** 2

Here’s a plant-based meal that balances protein, carbohydrates and fat to fuel your body.

Ingredients

- 115 oz can cannellini or white kidney beans
- ½ English cucumber
- ½ small package fresh basil
- 4 oz fresh mozzarella cheese
- 1 clove garlic
- 1 pint grape tomatoes
- 1 shallot
- 1 whole grain bun or roll
- ⅛ tsp black pepper
- ¼ tsp Dijon mustard
- 1 ½ tbsp extra virgin olive oil
- ⅔ tsp red wine vinegar
- ¼ tsp salt



Directions

1. Wash and dry tomatoes, cucumber and basil.
2. Rinse and drain the beans.
3. Peel and mince or press the garlic. Transfer to a large salad bowl.
4. To the garlic, add olive oil, red wine vinegar, mustard, salt and pepper. Whisk together.
5. Quarter the cucumber lengthwise, then slice crosswise into ¼-inch-thick pieces at an angle. Add to the salad bowl.
6. Halve the grape tomatoes and add to the salad bowl.
7. Pick the basil leaves off the stems and slice leaves into a chiffonade. Add to the salad bowl.
8. Peel and halve the shallot lengthwise, then thinly slice crosswise into half-rounds. Add to the salad bowl.
9. Dice the mozzarella into ¾-inch cubes and add to the salad bowl.
10. Add olive oil to a nonstick skillet and preheat over medium heat.
11. Dice the bun or roll into ¾-inch cubes.
12. Once the skillet is hot, add the bread cubes and cook, stirring frequently, until toasted and browned, 4 to 6 minutes. Transfer to a bowl.
13. Add the beans to the skillet and season with salt and pepper. Cook until heated through, 1 to 2 minutes.
14. Add the beans and bread cubes to the salad bowl. Toss to combine.
15. To serve, divide the salad between plates or bowls. Enjoy!

⁹(2011). Eating to boost energy. Health Beat. Harvard Health Publishing, Harvard Medical School. <https://www.health.harvard.edu/healthbeat/eating-to-boost-energy>