Bean Salad

Recipe

Serves 6-8

Salad
♦ 8 oz (about 1 1/2 cups) EACH cooked chickpeas, black beans, kidney beans
♦ 6 oz mixed greens
♦ 1/4 cup slivered almonds, toasted
♦ 1 English cucumber, diced
♦ 1 roasted red bell pepper, diced
♦ 1/2 red onion, diced
♦ 1/3 cup, mix parsley, mint, and basil

Tomato Basil Vinaigrette
♦ 2 tablespoons extra-virgin olive oil
♦ 2 vine ripened tomatoes
♦ 1 clove garlic
♦ 1 small shallot, about 1 tablespoon
♦ 1 tablespoon apple cider vinegar
♦ 1/2 teaspoon mustard
♦ 1 teaspoon honey
♦ 2 tablespoons balsamic vinegar
♦ 2 tablespoons fresh chopped basil

Directions
1. Toss all the salad ingredients together
2. In a food processor combine all the vinaigrette ingredients, season to taste with salt and pepper.
3. Serve bean salad with dressing on the side.

Nutritional Information

Nutrition
Serving Size: 219 grams
Calories 351
Calories from fat 37
Total Fat 4.1 grams (6%)
Cholesterol 0 mg (0%)
Sodium 19 mg (1%)
Total Carbohydrate 60.6 grams (20%)
Dietary Fiber 15.2 grams (61%)
Sucrers 6.7 grams
Protein 19.4 grams

Vitamins
Vitamin A: 20%
Vitamin C: 6%
Calcium: 12%
Iron: 28%

225 grams ~ 1 cup
% based on Daily Value
*based on a 2,000 calorie diet