

Easy Bean Salad

Source: The Cancer Survivor's Guide

This traditional bean salad is easy to make and keeps well. Serve it with a tortilla, extra corn, brown rice, or quinoa for more fiber-packed whole grains. You can also serve it over a bed of leafy greens.

About the Recipe

83 Calories · 9.9 g Protein · 8 g Fiber

Beans are rich in protein and fiber, which can help digestion and lower cholesterol.

Ingredients

Makes 10 Servings

- cooked or canned kidney beans, rinsed and drained (1 1/2 cups)
- cooked or canned pinto beans, rinsed and drained (1 1/2 cups)
- cooked or canned black-eyed peas, rinsed and drained (1 1/2 cups)
- frozen lima beans, thawed; or cooked or canned lima beans, rinsed and drained (1 10-ounce package; or 1 1/2 cups)
- frozen corn, thawed, or cooked fresh corn, chilled (1 cup)
- large red bell pepper, diced (1)
- medium red onion, diced (1/2)
- low-fat or fat-free Italian salad dressing (1/2 cup)
- salt (1/2-1 teaspoon)
- ground black pepper (1 teaspoon)

Directions

1. Combine all of the ingredients in a large bowl and toss gently. Serve cold or at room temperature. Stored in a covered container in the refrigerator, leftover

Easy Bean Salad will keep for up to 3 days.

Nutrition Facts

Per serving

Calories: 83

Fat: 3 g

Saturated Fat: 0.5 g

Calories from Fat: 14.6%

Cholesterol: 0 mg

Protein: 9.9 g

Carbohydrate: 31 g

Sugar: 2.9 g

Fiber: 8 g

Sodium: 539 mg

Calcium: 43 mg

Iron: 2.7 mg

Vitamin C: 36.7 mg

Beta-Carotene: 311 mcg

Vitamin E: 0.8 mg