Easy Bean Salad

Source: The Cancer Survivor’s Guide by Neal Barnard, MD, Jennifer Reilly, RD, and Susan Levin, MS, RD

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. Save leftover beans for later in the week!

About the Recipe

191 Calories · 10.4 g Protein · 8.3 g Fiber
Lunch
Gluten-free · Nut-free

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

Ingredients

Makes 4 Servings

- 3/4 c (90 g) cooked or canned kidney beans, rinsed and drained
- 3/4 c (90 g) cooked or canned pinto beans, rinsed and drained
- 3/4 c (90 g) cooked or canned black-eyed peas, rinsed and drained
- 3/4 c (123 g) frozen lima beans, thawed; or cooked or canned lima beans, rinsed and drained
- 1/2 c (83 g) frozen corn, thawed, or cooked fresh corn, chilled
- 1 large red bell pepper, diced
- 1/2 medium red onion, diced
- 1/2 c (120 mL) low-fat or fat-free Italian salad dressing
- 1 tsp (5 mL) iodized salt
- 1 tsp (5 mL) ground black pepper

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: 191
Fat: 1.4 g
    Saturated Fat: 0.3 g
    Calories from Fat: 6.3%
Cholesterol: 0 mg
Protein: 10.4 g
Carbohydrate: 36.2 g
Sugar: 7.3 g
Fiber: 8.3 g
Sodium: 1146 mg
Calcium: 72 mg
Iron: 2.7 mg
Vitamin C: 58.5 mg
Beta-Carotene: 849 mcg
Vitamin E: 1.3 mg