

# 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***

- 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 tsp.)
- ground black pepper (1 tsp.)

## Directions

1. Rinse and drain the beans and/or corn if canned. Frozen beans and corn work, too. Dice the bell pepper and onion. 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