# 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