

Multi-Bean Salad

A delicious side dish to serve along your main but with 7g protein and 7g fibre, make sure to put some aside for your work lunch the following day!

Ingredients

1 cup each green and yellow beans, cut into 1-inch pieces
¼ cup red wine vinegar
2 tbsp olive oil
2 tbsp honey
1 tsp Dijon mustard
540mL can of bean medley, drained and rinsed
¼ cup chopped, fresh parsley



Preparation

1. Trim 1 cup each green and yellow beans. Cut into 1-inch pieces.
2. Cook in a large saucepan of boiling water for 3 minutes. Drain and rinse with cold water. Pat dry.
3. Whisk red wine vinegar with olive oil, honey and Dijon mustard in a medium bowl.
4. Once dressing is mixed, add cooked beans and bean medley.
5. Sprinkle with ¼ cup chopped parsley & stir until coated.
6. Cover and refrigerate until ready to serve. Serves ?.

Did you know that cooked beans can be frozen for up to six months? Simply thaw them in the fridge overnight before reheating!

Nutrition (per serving)

213 calories, 7g protein, 30g carbohydrates, 8g fat, 7g fibre, 355mg sodium