

# Multi Bean Salad

This is a super simple salad you can whip up in 15 minutes. Don't be deceived by the simplicity – beans contain almost zero saturated fat and a great source of fiber and protein... good for heart health and weight management!



## Preparation:

1. Trim green and yellow beans. Cut into 1-in. pieces.
2. Cook in a large saucepan of boiling water for 3 min. Drain and rinse with cold water. Pat dry.
3. Whisk red-wine vinegar with olive oil, honey Dijon, celery salt, and pepper in a medium bowl.
4. Add cooked beans and a drained, rinsed can of bean medley. Sprinkle with 1/4 cup chopped parsley. Stir until coated.
5. Add additional options if desired.

## Nutritional Information (per serving)

Calories: 213	Total Fat: 8g
Sat. Fat: 0.6g	Carbs: 30g
Fiber: 7g	Protein: 7g

*Yields 4 servings*

## Ingredients

1 cup each green and yellow beans cut into 1 inch pieces

1/4 cup red wine vinegar

2 tbsp olive oil

2 tbsp honey

1 tsp Dijon mustard

1 tsp celery salt and pepper, each

540 mL can bean medley

1/4 cup chopped parsley

Optional: corn, avocado, sweet bell peppers, celery, red onion.



Source: [www.chatelaine.com](http://www.chatelaine.com)