

RECIPE MAKEOVER

MULTI-BEAN SALAD

Nutrition Powerhouse

Beans are full of nutritional benefits! They help regulate blood sugar, they satisfy the appetite with fewer calories, they're rich in nutrients and phytochemicals that help prevent cancer and heart disease, and they provide high amounts of protein. A delicious side dish or a great lunchtime option, they pack a nutritional punch 7g of protein and 7g of fibre per half-cup serving.



Multi-Bean Salad

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
- 1 540ml can of bean medley, drained and rinsed
- ¼ cup chopped, fresh parsley



Directions

1. Place trimmed beans in a large saucepan of boiling water for 3 minutes. Drain and rinse with cold water. Pat dry and set aside.
2. To make the dressing, whisk together red wine vinegar, olive oil, honey, and Dijon mustard in a medium bowl.
3. Add cooked beans and bean medley to the dressing. Add chopped parsley and stir to combine.
4. Cover and refrigerate until ready to serve.

Did you know?

Cooked beans can be frozen for up to six months. Simply thaw them in the refrigerator overnight before reheating!

Nutritional Information Per Serving: Cal. 213 | Fat 8g | Carb. 30g | Protein 7g | Fibre 7g | Sodium 355mg