

# Fresh Bean Salad

**Ingredients:**

- 1/3 cup Splenda or Equal
- 1/2 cup white wine vinegar
- 2 tbsp. extra virgin olive oil
- 4 garlic cloves, minced
- 1/2 cup artichoke hearts, drained
- 3/4 cup fresh parsley, chopped
- 1 (15 oz.) can each; lima beans, red kidney beans & garbanzo beans: all rinsed and drained
- 1/4 cup capers, drained
- 1/2 cup red onions, chopped



<b>Nutrition Facts</b>			
Serving Size 3/4 cup (175g)			
Servings Per Container 10			
Amount Per Serving			
<b>Calories</b> 240	Calories from Fat 35		
% Daily Value*			
<b>Total Fat</b> 4g	<b>6%</b>		
Saturated Fat 0.5g	<b>3%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 115mg	<b>5%</b>		
<b>Total Carbohydrate</b> 40g	<b>13%</b>		
Dietary Fiber 12g	<b>48%</b>		
Sugars 8g			
<b>Protein</b> 12g			
Vitamin A 8%	• Vitamin C 15%		
Calcium 8%	• Iron 20%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat 9 • Carbohydrate 4 • Protein 4			



**Directions:**

1. Whisk the sweetener, vinegar and oil together in a medium bowl.
2. Combine remaining ingredients together in a large bowl.
3. Add dressing and stir until ingredients are well coated. Refrigerate a minimum of 3 hours before serving. Serve on lettuce leaf.