

Four Bean Salad with Lime-Cilantro Dressing

Ingredients:

- 2 cups cooked green beans, cut into 1 ½” length
- 1 cup cooked garbanzo beans (home-cooked or low-sodium canned beans, drained)
- 1 cup cooked kidney beans (home-cooked or low-sodium canned beans, drained)
- 1 cup fresh cooked edamame beans
- 1 small red onion, sliced in rings or half-circles
- 1 Tbsp. rice vinegar or apple cider vinegar
- 1 Tbsp. extra-virgin olive oil
- 2 Tbsp. lime juice
- 2 garlic cloves, minced
- ½ tsp. light salt
- 2 Tbsp. fresh cilantro, chopped
- 1 Tbsp. fresh parsley, chopped



Servings: 8



*VEGAN



*GLUTEN-FREE



*SOY FREE

Instructions:

1. If using fresh green beans, wash and cut into 1 ½” lengths. Steam 5 minutes, until barely tender. Remove from steamer immediately.
2. If using frozen green beans, microwave for about 5 minutes.
3. Combine all the beans and onion and mix.
4. Prepare salad dressing by beating the vinegar, olive oil, lime juice, garlic and salt together with a fork or wire whisk until well blended. Stir in cilantro and parsley.
5. Pour dressing over beans and mix well. Cover and let marinate at room temperature for about 30 minutes.
6. Stir again and chill another 30 minutes.
7. Toss again before serving. Garnish with fresh parsley or cilantro sprigs.

Nutrition Facts

8 servings per container
Serving size 1 Cup (138g)

Amount per serving

Calories 110

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrate 15g 5%

Dietary Fiber 4g 14%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 55mg 4%

Iron 1mg 6%

Potassium 195mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.