

BLACK AND WHITE BEAN SALAD

1 1/2 cups drained black beans (or 1 can)
1 1/2 cups drained white beans (or 1 can)
2-4 chopped green onions
1/2 green bell pepper, diced
1/2 red bell pepper, diced
1/2 yellow bell pepper, diced
3/4 cup diced celery

Dressing:

2 Tbsp vinegar
1 Tbsp olive oil
1 Tbsp water
1/2 tsp Italian Spice Mix
1/4 tsp black pepper

Mix all the ingredients and let them work for a couple of hours in a bowl.

Tip-Using dried beans and cooking them separately can save between 100-200 mg of sodium if you use less than 1 tsp salt per pot and added it at the end of cooking for maximum taste. Dried bean measure would be 1 cup each color.

RECIPE SERVES: 12

ONE SERVING = 103 gm

NUTRIENTS For 1 Serving	THIS RECIPE
CALORIES	60 Cals
PROTEIN	3 gm
FAT	1.5 gm
CARBOHYDRATE	11 gm
FIBER	3 gm
VITAMIN C	33 mg
VITAMIN A	380 IU
CHOLESTEROL	0.09 mg
SODIUM	298 mg
POTASSIUM	237 mg
PHOSPHORUS	11.5 mg
CALCIUM	31 mg
IRON	1.2 mg

Recipe from Food FUNdamentals and analyzed by Community Nutrition Education Services Inc.
Served at Broomball Day at Hartnell College May 17, 2014.