

Mediterranean Mixed Bean Salad

3 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Mixed Beans (cooked)
2 cups Cherry Tomatoes (halved)
1 cup Parsley (finely chopped)
1 tbsp Maple Syrup
1 tbsp Apple Cider Vinegar

NUTRITION

AMOUNT PER SERVING

Calories	193	Cholesterol	0mg
Fat	1g	Sodium	19mg
Carbs	37g	Vitamin A	2535IU
Fiber	9g	Vitamin C	42mg
Sugar	7g	Calcium	86mg
Protein	12g	Iron	4mg

DIRECTIONS

01 Combine all ingredients in a mixing bowl. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving equals approximately 1 1/2 cups of salad.

MORE FLAVOR

Add minced garlic, olive oil, cumin or dried herbs.

ADDITIONAL TOPPINGS

Top with feta, olives, mixed greens, spinach or avocado.

NO MIXED BEANS

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

