



THE ULTIMATE MIXED BEAN SALAD

A summertime staple, this version is sure to please with its fresh taste and colourful hues. Make this salad a day ahead to let the zippy dressing soak into the beans.

Prep Time **15 min**

Cook Time **5 min**

Makes 8 Servings

- 227 g (8 oz) green beans, trimmed
- 227 g (8 oz) yellow beans, trimmed
- 250 mL (1 cup) shelled soy beans (edamame)
- 1 can (540 mL/19 oz) sodium reduced chickpeas, drained and rinsed
- 2 stalks celery, thinly sliced
- 2 green onions, sliced
- 1 large red bell pepper, chopped
- 60 mL (1/4 cup) apple cider vinegar
- 15 mL (1 tbsp) Dijon mustard
- 15 mL (1 tbsp) canola oil
- 2 mL (1/2 tsp) fresh ground pepper
- 60 mL (1/4 cup) each chopped fresh basil and parsley or mint

1. In a saucepan of boiling water, cook green and yellow beans and soy beans for 3 minutes, drain well and rinse under cold water to chill. Cut green and yellow beans into 5 cm (2 inch) pieces. Set bean mixture aside.
2. Meanwhile, in a large bowl, combine chickpeas, celery, green onions and red pepper. Add bean mixture to bowl.
3. In a small bowl, whisk together vinegar, mustard, oil and pepper. Pour over bean mixture and toss to coat. Add basil and parsley and toss again.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

NUTRIENTS PER SERVING % DV

Calories	116	-
Fat	4 g	6 %
Saturated + Trans	0 g	2 %
Cholesterol	0 mg	-
Sodium	145 mg	6 %
Carbohydrate	16 g	5 %
Fibre	5 g	22 %
Sugars	4 g	-
Protein	6 g	-
Vitamin A	-	16 %
Vitamin C	-	76 %
Calcium	-	6 %
Iron	-	12 %

TIPS

- You choose the beans. If you prefer, use all green beans or all yellow beans.
- If shelled soy beans are not available, use lima beans or 250 mL (1 cup) of your favourite sodium reduced canned bean, drained and rinsed.
- Little chefs can help trim the beans using their hands to snap off the ends. They can also whisk the dressing together.
- This salad keeps on giving. Make ahead, cover and refrigerate for up to two days. Pack some salad with a handful of cheese and crackers for a quick and easy lunch.