

Colorful Bean Salad

Serves 8-12

Ingredients:

- 1 15-oz can black beans (rinsed and drained)
- 1 15-oz can pinto beans (rinsed and drained)
- 1 15-oz can garbanzo beans (rinsed and drained)
- 6 ounces frozen shelled edamame (defrosted)
- ½ red onion (chopped fine)
- 1 orange/red/yellow bell pepper (seeds removed, diced)
- ¼ cup extra-virgin olive oil
- 1/8 cup or 2 TBSP balsamic vinegar
- 1 TBSP honey
- 1 TBSP dry parsley
- 1 tsp salt
- ¼ tsp ground black pepper



Directions:

1. In a large bowl, mix the three canned beans, edamame, red onion, and bell pepper.
2. In a separate small bowl, whisk together olive oil, vinegar, honey, parsley, salt, and pepper. Add dressing to beans mixture. Toss and coat.
3. Serve immediately or chill in the refrigerator to allow the beans to soak up more flavor from the dressing.

Nutrition Tips:

1. Salt (sodium) and sugar are often added to help preserve canned foods. If purchasing canned beans, try to find one that is labeled “no added salt” or “low sodium” (<140 mg sodium per serving).
2. Rinsing canned beans well can eliminate up 40% of the sodium content.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.