



Chilled Bean Salad

10 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 cup red quinoa, cooked
- 1 cup lentils, cooked
- 1 cup garbanzo beans, cooked
- 1 cup cannellini beans, cooked
- 1 cup kidney beans, cooked
- 1 cup black-eyed peas, cooked
- 1 red onion, diced
- 1 red bell pepper, diced
- 1 cup corn kernels, cooked
- 2 Tablespoons parsley, chopped
- 1 Tablespoon tarragon, chopped
- 2 Tablespoons chives, minced
- 2 Tablespoons extra-virgin olive oil
- White wine vinegar, to taste
- Salt and freshly ground black pepper, to taste

DIRECTIONS

1. In a large bowl, combine grains, beans, onion, bell pepper, and corn.
2. Stir in the herbs, olive oil, vinegar, and salt and pepper.
3. Refrigerate for 30 minutes before serving to combine flavors.

Nutrition Facts	
10 servings per container	
Serving size	1 Cup
Amount per serving	
Calories	250
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 34g	12%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 2mg	10%
Potassium 377mg	8%
<small>*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.</small>	

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