

Bean Trio Salad

9 Servings • 1 Serving = 1/2 Cup

Tip on Beans



How To Store

Store them in food-safe storage containers with tight-fitting lids away from light.



How To Use

Add to salads, soups, & chili or use as a side with roasted vegetables.



Health Benefits

Lowers blood sugar & promotes healthy cholesterol levels.

INGREDIENTS

- 1-15 ounce can black beans
- 1-15 ounce can Great Northern beans
- 1-15 ounce can pinto bean
- 1 cup celery, finely diced
- 1/4 cup red onion, finely diced
- 1/4 cup bell pepper, finely minced
- 2 Tablespoons dried parsley
- 1 Tablespoon dried dill
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 2 Tablespoons rice vinegar
- 1/4 cup olive oil

DIRECTIONS

1. Drain and rinse beans then add into a large mixing bowl.
2. Add celery, red onion and bell pepper.
3. In a separate bowl, combine parsley, dill, garlic powder, black pepper and salt.
4. Add rice vinegar and olive oil and whisk together.
5. Add dressing to the bean mixture and gently mix.
6. Chill for 30 minutes to 1 hour to allow flavors to blend.

Nutrition Facts

9 servings per container
Serving size 1/2 cup (165g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 550mg 24%

Total Carbohydrate 29g 11%

Dietary Fiber 9g 32%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 72mg 6%

Iron 3mg 15%

Potassium 515mg 10%

*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.



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Ensalada de Tres Frijoles

9 porciones • 1 porción = 1/2 taza

Consejo sobre frijoles



Cómo almacenar

Guárdelos en recipientes de almacenamiento aptos para alimentos con tapas que cierren bien, alejados de la luz.



Cómo usar

Añádalo a ensaladas, sopas y chili o úsalo como acompañamiento con verduras asadas.



Beneficios para la salud

Reduce el azúcar en la sangre y promueve niveles saludables de colesterol.

INGREDIENTES

- 1 lata de frijoles negros
- 1 lata de frijoles grandes del norte
- 1 lata de frijoles pintos
- 1 taza de apio, finamente picado
- 1/4 taza de cebolla roja, finamente picada
- 3 cucharaditas de pimienta morrón, finamente picado
- 2 Cucharadas de perejil seco
- 1 Cucharada de eneldo seco
- 1 cucharadita de ajo en polvo
- 1/4 cucharadita de pimienta negra
- 1/2 cucharadita de sal
- 2 Cucharadas de vinagre de arroz
- 1/4 taza de aceite de oliva

PREPARACIÓN

1. Escurre y enjuaga los frijoles y añádelos a un tazón grande para mezclar.
2. Añade apio, cebolla roja y pimienta morrón.
3. En un tazón aparte, combina el perejil, eneldo, ajo en polvo, pimienta negra y sal.
4. Agrega vinagre de arroz y aceite de oliva y bate todo junto.
5. Añade el aderezo a la mezcla de frijoles y mezcla suavemente.
6. Refrigerar durante 30 minutos a 1 hora para permitir que los sabores se integren.

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