

Boost Your Health With Beans



Caribbean Bean Salad

Serves: 4 | Serving Size: 1 cup

Ingredients:

4 cups ready-to-serve romaine lettuce or salad mix
1/4 cup red onion, chopped
1 cup canned black beans, drained and rinsed
1 orange, peeled and diced
1 tomato, diced
1 tablespoon olive oil
3 tablespoons red wine vinegar
1 teaspoon dried oregano
Black pepper to taste

Directions:

Toss all ingredients in a large salad bowl until well-combined. Serve immediately.

Nutrition Information:

Serves 4. Each serving contains 125 calories, 4 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 7 mg sodium, 19 g carbohydrate, 6 g dietary fiber, 5 g sugar, and 5 g protein.

Each serving has 88% DV vitamin A, 40% DV vitamin C, 5% DV calcium, and 11% DV iron.

Chef's Tips:

If you are traveling with this salad or preparing it ahead of time, combine all the ingredients except the oil and vinegar. Keep the salad refrigerated or chilled in a covered container, then toss it with the oil and vinegar just before serving.

Did You Know?

Beans are wonderfully inexpensive and deliciously versatile. Did you know that canned beans cost only 4 cents per ounce, while dried beans average 11 cents per ounce? Just to compare, Angus Beef costs 31 cents per ounce!

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