

SUMMER SIDES

PREPARATION: 10 MINUTES

MARINATE: 12 HOURS

5 SERVINGS

BEAN SALAD



INGREDIENTS

Salad

1 can (398 mL) chickpeas

1 can (398 mL) red beans

¼ cup red onion, thinly sliced

¼ cup green onion, diced (2 scallions)

1 cup red bell pepper, diced

½ cup celery, diced

Dressing

¼ cup white vinegar

½ teaspoon garlic, minced (1 clove)

⅓ cup sugar

¼ teaspoon black pepper

Nutrient Analysis

PER SERVING:

1 cup (⅓ of recipe)

RENAL EXCHANGE:

2 Starch + 1 Protein + 1 Vegetable

Calories **238 Kcal**

Protein **8 g**

Carbohydrates **38 g**

Fibre **7 g**

Total Fat **2 g**

Saturated Fat **0 g**

Cholesterol **0 mg**

Sodium **214 mg**

Potassium **302 mg**

Phosphorus **113 mg**

PREPARATION

- 1 Drain and rinse chickpeas and red beans.
- 2 In a large bowl, combine chickpeas, beans, red and green onion, bell peppers, and celery.
- 3 In a small bowl, prepare the dressing by mixing vinegar, garlic, sugar, and pepper.
- 4 Pour the dressing over the salad. Mix all ingredients.
- 5 Cover with plastic foil and refrigerate overnight or for a minimum of 12 hours.
- 6 Drain the salad to eliminate the surplus dressing before serving.

Tip: This salad can be kept in the fridge for a couple of days. Just drain off the liquid from the portion you are using and place the rest back in the fridge.