

Mediterranean Mixed Bean Salad

5 ingredients · 10 minutes · 3 servings



Directions

1. Combine all ingredients in a mixing bowl. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving equals approximately 1 1/2 cups of salad.

More Flavor

Add minced garlic, olive oil, cumin or dried herbs.

Additional Toppings

Top with feta, olives, mixed greens, spinach or avocado.

No Mixed Beans

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

Ingredients

- 2 cups Mixed Beans (cooked)
- 2 cups Cherry Tomatoes (halved)
- 1 cup Parsley (finely chopped)
- 1 tbsp Maple Syrup
- 1 tbsp Apple Cider Vinegar

Nutrition

Amount per serving

Calories	194	Sugar	8g
Fat	1g	Protein	12g
Carbs	37g	Sodium	18mg
Fiber	9g		