



Carrot & Mixed Bean Salad with Tahini Dressing

1 serving

15 minutes

Ingredients

30 grams Tahini
7 grams Honey
11 milliliters Lime Juice (to taste)
15 milliliters Water
89 grams Mixed Beans (cooked)
1/2 stalk Celery (sliced)
1 1/4 tbsps Purple Cabbage (grated)
1/4 Carrot (large, shredded)
1/4 Avocado (chopped)
4 grams Chives (chopped, flowers optional)

Directions

- 1 In a jar, whisk together the tahini, honey, lime juice, and water. Set aside.
- 2 Arrange the beans, celery, purple cabbage, carrot, and avocado in a large salad bowl. Drizzle with the dressing and top with chives. Toss the salad before serving and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add salt and pepper to taste.

Nutrition

Amount per serving	
Calories	406
Fat	24g
Saturated	3g
Carbs	40g
Fiber	13g
Sugar	7g
Protein	14g
Cholesterol	0mg
Sodium	68mg
Potassium	869mg
Vitamin A	2988IU
Vitamin C	17mg
Calcium	188mg
Iron	5mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	37µg
Thiamine	0.6mg



Riboflavin	0.3mg
Niacin	3mg
Vitamin B6	0.3mg
Folate	202µg
Vitamin B12	0µg
Phosphorous	384mg
Magnesium	88mg
Zinc	3mg
Selenium	12µg