

# Mediterranean Mixed Bean Salad

3 SERVINGS 10 MINUTES



## 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	Iron	4mg
Fat	1g	Vitamin D	0IU
Carbs	37g	Vitamin E	1mg
Fiber	9g	Vitamin B6	0.2mg
Sugar	8g	Vitamin B12	0µg
Protein	12g	Magnesium	72mg
Vitamin A	2535IU	Zinc	2mg
Vitamin C	42mg	Selenium	1µg

## DIRECTIONS

01 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.

