

# **Mediterranean Bean Salad**

From the American Institute for Cancer Research

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## **Ingredients**

### *Salad*

- 1 (15-oz) can garbanzo beans, rinsed and drained
- 1 (15-oz) can butter beans, rinsed and drained (cooked fresh beans may be substituted)
- 1 (15-oz) can dark red kidney beans, rinsed and drained
- 1/2 small red onion, chopped fine
- 1 celery stalk, chopped fine
- 2-4 garlic cloves, minced
- 1/2-1 cup fresh parsley, chopped fine
- 1/4 cup basil, chopped fine (1 Tbsp. dried basil may be substituted)
- 1 Tbsp. fresh rosemary, chopped fine
- 2 tomatoes, diced

### *Dressing*

- 3 Tbsp. extra virgin olive oil
- 1 Tbsp. vinegar (either white wine or apple cider work well)
- Juice of one lemon
- 1/2 Tbsp. dried Italian seasoning
- Salt and freshly ground pepper to taste

## **Instructions**

1. In large bowl combine beans. Mix in onion, celery, garlic, parsley, basil and rosemary, adding tomatoes last to keep them from unnecessarily breaking apart.
2. In separate mixing bowl whisk together dressing ingredients. Add dressing to beans and toss gently to coat.
3. Chill for at least an hour to allow beans to absorb the flavor of the dressing. Re-toss gently and serve.

**Makes 8 servings** (3/4 cup per serving)

## **Nutrition information per serving**

Calories: 190  
Total fat: 7 g  
Saturated fat: <1 g  
Carbohydrates: 26 g  
Protein: 9 g  
Dietary fiber: 8 g  
Sodium: 228 mg