

Three Bean Salad with Creamy Mustard Dill Dressing

From the American Institute of Cancer Research

<http://www.aicr.org/foods-that-fight-cancer/legumes.html#recipes>

Ingredients

- 1 cup canned chickpeas, rinsed and drained
- 1 cup canned Great Northern beans, rinsed and drained
- 1 cup canned kidney or red beans, rinsed and drained
- ½ cup finely chopped red onion
- 1 small red bell pepper, diced
- 1 small green bell pepper, diced
- 2 Tbs. fat free Greek yogurt
- 1 Tbs. low-fat mayonnaise
- 1 Tbs. coarse seed mustard
- 1 tsp. lemon juice
- 2 dashes hot pepper sauce
- ½ tsp. ground black pepper
- 2 tsp. extra virgin olive oil
- ½ cup chopped fresh dill
- ¼ cup chopped flat-leaf parsley

Instructions

1. In mixing bowl, combine beans with onion and peppers.
2. For dressing, combine the yogurt, mayo, mustard, lemon juice, hot sauce, salt, and pepper. Drizzle in oil.
3. Add dressing to beans and mix to combine.
4. If serving immediately, mix in dill and parsley. Or, cover dressed beans and refrigerate for up to 8 hours, adding herbs just before serving.

Makes 4 servings

Nutrition information per serving:

Calories	230
Carbohydrate	36 g
Dietary Fiber	11 g
Protein	11 g
Total Fat	5 g
Sodium	390 mg

