

NAVY BEAN SALAD

MAKES 6 SERVINGS

INGREDIENTS



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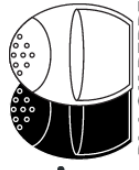
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2 TABLESPOONS OIL

2 TABLESPOONS VINEGAR, (any will work) OR LEMON JUICE

1 TABLESPOON MINCED GARLIC OR 1 TEASPOON OF GARLIC POWDER

½ TEASPOON DRIED BASIL OR 1 TEASPOON OF FRESH BASIL

BLACK PEPPER TO TASTE

PINCH OF SALT, OPTIONAL

1 (15 OZ.) CAN NAVY BEANS, DRAINED & RINSED

1 SMALL ONION, DICED

1 CUP CHOPPED TOMATOES

1 CUCUMBER, DICED OR 1 ZUCCHINI, DICED

INSTRUCTIONS

1. In a small bowl, whisk together oil, vinegar or lemon juice, garlic, basil, pepper, and salt, if using.
2. In a large bowl, toss together beans, onion, tomatoes and cucumber or zucchini.
3. Pour dressing over vegetable mixture. Toss to combine.

4. Refrigerate 1 hour before serving.

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Healthy Moves.
Healthy YOU.

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Nutrition Facts

Servings: 6

Amount per serving

Calories

135

% Daily Value*

Total Fat 5g 6%

Saturated Fat 0.7g 3%

Cholesterol 0mg 0%

Sodium 297mg 13%

Total Carbohydrate 18g 7%

Dietary Fiber 4.2g 15%

Protein 5.7g

Vitamin D 0mcg 0%

Calcium 48mg 4%

Iron 1mg 8%

Potassium 360mg 8%

