



LEMON PARSLEY BEAN SALAD

Yield: 12 Servings

Ingredients

- ¼ cup
- 4 tablespoons
- 2 tablespoons
- 1 teaspoon
- ¼ teaspoon
- 2 cups
- 2 cups
- 2 cups
- 1 cup
- 1 pint
- ¾ cup
- 2 tablespoons

- Canola Oil
- Lemon Juice
- Garlic Cloves, chopped
- Salt
- Crushed Red Pepper
- Kidney Beans, drained and rinsed
- Chickpeas, drained and rinsed
- Red Onion, diced
- Celery, diced
- Cucumber, diced
- Parsley, chopped
- Dill Weed, chopped

Procedures

1. Combine canola oil, lemon juice, chopped garlic, salt and pepper flakes. Mix together for the dressing and set aside.
2. In a large bowl, combine kidney beans, chickpeas, onion, celery, cucumber, parsley and dill weed.
3. Add dressing and mix well.

Nutrition Facts

Serving size 4.5 oz. (127 g)

Amount per serving
Calories 115

% Daily Value*

Total Fat 5g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 255mg 10%

Total Carbohydrate 14g 6%

Dietary Fiber 3g 10%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 45mg 4%

Iron 1mg 6%

Potassium 287mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.