



Mixed Bean Salad

Serves 8

Beans are a good way to add fiber to your diet, especially soluble fiber. Generally, 1 cup of cooked beans provides 9 to 13 grams of fiber. The soluble fiber can help lower blood cholesterol. Beans are also high in protein, complex carbohydrates and iron.

1 can (15 ounces) unsalted green beans, rinsed and drained
1 can (15 ounces) unsalted wax beans, rinsed and drained
1 can (15 ounces) unsalted kidney beans, rinsed and drained
1 can (15 ounces) unsalted garbanzo beans, rinsed and drained
¼ cup chopped white onion
¼ cup orange juice
½ cup cider vinegar
Sugar substitute, if desired

In a large bowl, combine the beans and onions. Stir gently to mix evenly.

In a separate bowl, whisk together the orange juice and vinegar. Add sugar substitute for desired sweetness.

Pour the orange juice mixture over the bean mixture. Stir to coat evenly. Let stand 30 minutes before serving.

Nutritional Analysis

Serving Size: ¾ cup

Calories	130
Fat	0g
Saturated Fat	0g
Monounsaturated Fat	0g
Cholesterol	0mg
Sodium	110mg
Carbohydrates	25g
Fiber	7g
Protein	7g
Potassium	397mg
Calcium	65mg

Diabetic Exchanges:

Starches	1
Nonstarchy vegetables	2
Meat and meat substitutes	1