

Mixed bean salad

Tip: 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.

SERVES 8

Ingredients

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
1/4 cup chopped white onion
1/4 cup orange juice
1/2 cider vinegar
Sugar substitute, if desired

Directions

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

(per serving)

Serving size: 3/4 cup			
Calories	130	Cholesterol	0 mg
Protein	7 g	Sodium	110 mg
Carbohydrate	25 g	Fiber	7 g
Total fat	0 g	Potassium	397 mg

Saturated fat	0 g	Calcium	65 mg
Monounsaturated fat	0 g		

DIABETES MEAL PLAN EXCHANGES

Starches	1
Nonstarchy vegetables	2
Meat and meat substitutes	1