



NUTRITION CONSULTING INC.

Lasting Lunch Bean Salad

The fiber and protein from the beans in this tasty salad will keep you sustained all afternoon!

Makes 4 servings

What you need:

1 can (19 oz. or 540 ml) black beans or your favorite beans, drained & rinsed
1/2 cup frozen corn kernels, cooked & cooled
1/2 cup grape tomatoes
2 green onions, diced
1 red/yellow/orange pepper, diced



Dressing:

2 tbsp. Olive oil
3 tbsp. Vinegar
1/8 tsp. Dry mustard powder
1 Clove garlic minced
1/2 tsp. Sugar
Pepper & salt to taste

You can also use your own favorite bottled vinaigrette dressing instead as a time saver.

How you prepare:

Prepare dressing. Place all the ingredients in a bowl. Stir in dressing.

Per serving:

Calories 298
Carbohydrates 50 g
Protein 13 g
Fat 8 g
Dietary Fiber 11 g

It's your **health.**



Take a stand.

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