Benefits of eating a plant-based diet:

According to the American Dietetic Association, eating plenty of fruits and vegetables, including beans, is linked with a lower risk of lung, oral, esophageal, stomach and colon cancer. It’s not yet clear which components in vegetables and fruits are the most protective against cancer, so enjoy a variety of whole grains and beans. Also, eating a diet loaded with these plant-based foods can help you stay at a healthy weight.

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For more information, visit clevelandclinic.org/nutrition

Recipe created by Digestive Disease Institute registered dietitians.
Zesty Bean Salad

Makes 8 servings

1 15-ounce can kidney beans, drained and rinsed (or your favorite beans)
1 15-ounce can chickpeas, drained and rinsed
1 cup fresh or frozen edamame
2 tablespoons extra virgin olive oil (or your favorite flavor-infused oil – try garlic or ginger!)
½ cup chopped shallots or red onion
1 tablespoon fresh chopped garlic (or more to taste)
1 cup grated carrots
1 cup grated cucumbers
1 cup thinly sliced bell peppers (choose a variety of colors)
Handful of chopped flat-leaf Italian parsley
salt and pepper to taste

1. Mix all ingredients together and refrigerate for at least 2 hours or overnight – the longer it sits, the better it will taste!
2. Serve as is or over field greens.

NUTRITIONAL INFORMATION (PER SERVING):
- Calories: 206
- Total fat: 6g
- Saturated Fat: 0.8g
- Fiber: 7g
- Sugar: 5.6g
- Protein: 10g
- Sodium: 154.8mg
- Calcium: 68mg
- Magnesium: 61.3mg
- Potassium: 519mg