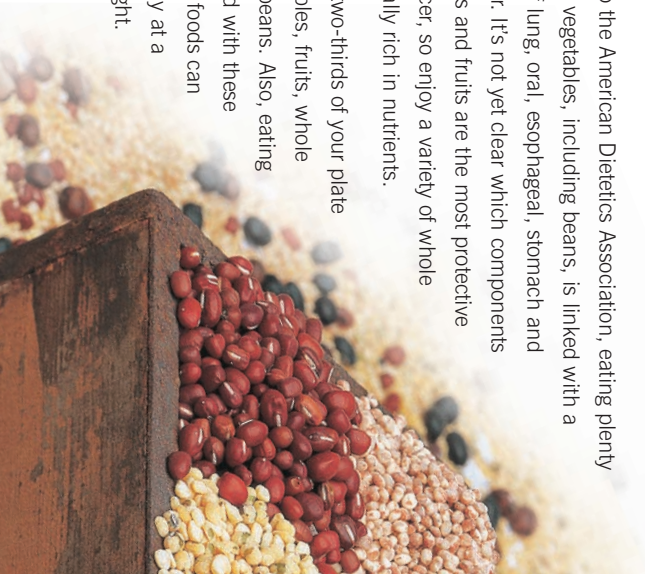


Benefits of eating a plant-based diet:

According to the American Dietetics 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 foods naturally rich in nutrients.

Fill at least two-thirds of your plate with vegetables, fruits, whole grains and beans. Also, eating a diet loaded with these plant-based foods can help you stay at a healthy weight.



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

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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