

## Zesty Four Bean Salad

*(Makes 8 servings)*

(V) – This recipe is a vegan option recipe!

### **Ingredients:**

- 1-15 ounce cann kidney beans, drained and rinsed (or your favorite beans)
- 1 15-ounce can chickpeas, drained and rinsed
- 1 cup 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



### **Directions:**

- 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)*

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|------------------------|----------------------|
| ▪ Calories: 206        | ▪ Protein: 10 g      |
| ▪ Total fat: 6 g       | ▪ Sodium: 154.8 mg   |
| ▪ Saturated fat: 0.8 g | ▪ Calcium: 61.3 mg   |
| ▪ Fiber: 7 g           | ▪ Magnesium: 61.3 mg |
| ▪ Sugar: 5.6 g         | ▪ Potassium: 519 mg  |