



Kidney & Garbanzo Salad

Serves four

2 cups cooked or 1- 15 oz. can garbanzo beans
2 cups cooked or 1- 15 oz. can red kidney beans
½ cup finely sliced red onion
½ cup sliced red bell pepper
2 celery stalks - finely chopped
1 medium carrot - finely sliced
Soy ginger vinaigrette dressing

If cooking your beans at home – wash them thoroughly, making sure to pick out debris and little rocks, and place in individual bowls. Cover with hot water and soak overnight. Rinse out re-hydrated beans and cook in salted water until fully cooked through and tender. Your best bet is to use a pressure cooker. The beans will cook a lot faster.

If using canned beans - drain and rinse both kinds of beans. Place them in a bowl and mix with all the other ingredients. Pour soy ginger vinaigrette on mixed salad and toss to coat well. Serve and enjoy!

Salad w/o dressing - CALORIES 274.38; FAT 1.92 grs (sat 0.23; mono 0.35; poly 0.91); PROTEIN 14.18 grs ; FIBER 12.20 grs; CARBS 51.67 grs; CHOLESTEROL 0.00 mg; IRON 3.76 mg; SODIUM 387.19 mg; CALCIUM 87.41 mg