

Four bean salad

Prep: 15 mins Cook: 0 mins Makes: 1

Per serving: 636 calories; 35 g fat; 61 g carbohydrates; 21 g protein



How it improves cholesterol:

- Beans are a source of soluble fiber
- Olive oil offers a source of monounsaturated fats

Ingredients

- 1/4 cup great northern beans, rinsed and drained
- 1/4 cup navy beans, rinsed and drained
- 1/4 cup adzuki beans, rinsed and drained
- 1/4 cup edamame
- 2 tbsp red onion, chopped
- 2 tbsp celery, chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp apple cider vinegar
- 1 tbsp sugar
- 2 tbsp olive oil
- 1/4 tsp table salt
- Pinch black pepper

Instructions:

1. In a medium bowl, combine beans with the onion, celery, and parsley.
2. In a separate bowl, whisk together the vinegar, sugar, olive oil, salt, and pepper to create the dressing.
3. Add dressing to bean mixture, to taste.