

Spicy Bean Salad

Ingredients:

Salad

- 1 can pinto beans, well rinsed
- 1 can garbanzo beans, well rinsed
- 1 can black beans, well rinsed
- 1 can kidney beans, well rinsed
- 1 can corn, well rinsed
- 1 bunch of green onions, diced
- ½ sweet onion, diced
- 2 large stalks celery, diced
- 1 sweet red pepper, diced
- 1 sweet yellow pepper, diced
- 1 sweet orange pepper, diced
- Handful cilantro, chopped
- 6-8 large green olives stuffed with elephant garlic, chopped
- 10 black kalamata olives, chopped
- Handful of almonds or pecans (can be roasted, if desired)
- 1 can Rotel chopped tomatoes w/green chillies, drained
- 3 pieces of low-fat string cheese, diced

Dressing

- Extra virgin olive oil
- Balsamic vinegar
- Spices (cumin, coriander, and turmeric)

Directions:

1. Combine all ingredients.
2. Dress to taste with extra virgin olive oil, balsamic vinegar, cumin powder, coriander, turmeric, Weber's Kickin Chicken seasoning (contains spicy orange peel).
3. Can be eaten immediately or refrigerated.

This recipe can be adapted in different ways according to tastes (more or less spicy, more or less or additional ingredients). I make this at least a couple of times a month and really enjoy it.

Recipe Source: This recipe is one I created based on similar recipes from friends.

Shared by: Jean Michaud

Registered Dietician Notes:

Calories: 458
Protein: 27 g
Carbohydrates: 78 g
Fat: 5 g
Sat Fat: 1 g