

Recipe of the Month from AHA

American Heart Association



Southwestern Three-Bean Dense Salad

Ingredients:

- 1 15.5-ounce can no-salt-added or low-sodium black beans, rinsed and drained
- 1 15.5-ounce can no-salt-added or low-sodium kidney beans, rinsed and drained
- 1 15.5-ounce can no-salt-added or low-sodium pinto beans, rinsed and drained
- 3/4 cup chopped tomato
- 1/3 medium red bell pepper (chopped)
- 1/3 medium yellow bell pepper (chopped)
- 3 medium green onions (thinly sliced)
- 1/4 cup salsa (lowest sodium available)
- 1/4 cup chopped, fresh cilantro
- 1 tablespoon olive oil (extra virgin preferred)
- 1/8 teaspoon pepper
- 4 ounces mixed salad greens, torn into bite-size pieces
- 1 medium lime (cut into 4 wedges, optional)

Directions:

In a large bowl, stir together all the ingredients except the salad greens, tossing gently. (For best flavor, cover and refrigerate for 4 hours, stirring occasionally.) Spoon over the salad greens.

Serve with the lime wedges.

Quick Tips:

Cooking Tip: For a quick lunch, wrap any leftovers minus the salad greens in whole-wheat or corn tortillas (lowest sodium available). Zap the wrap in the microwave until warm.

Tip: Substitute canned lentils (lowest sodium available), frozen edamame, thawed, or other varieties of no-salt-added or low-sodium beans, such as great northern or chickpeas for the canned beans listed in the recipe.

Nutrition Information:

Prep Time: 10 min

Total Time: 10 min

Servings: 4

Serving Size: 1 ¼ cups

