

Four Bean Salad

(Makes 1 serving)

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

Salad Ingredients:

- ¼ cup cooked black beans (canned okay)
- ¼ cup cooked red kidney beans (canned okay)
- ½ cup frozen string beans
- ¼ cup cooked soybeans
- 2 tablespoons chopped green onions
- 4 tablespoons chopped yellow onions
- ½ yellow pepper, chopped
- ½ cup cooked rotini noodles

Sauce Ingredients:

- ½ tablespoons extra virgin olive oil
- ½ tablespoons unsweetened orange juice concentrate
- ¼ teaspoon salt

Salad Base:

- 1 cup raw spinach

Directions:

- 1) Combine salad ingredients in mixing bowl. Toss to mix.
- 2) In small bowl, combine sauce ingredients; whisk together.
- 3) Pour sauce over salad, toss until all ingredients are well coated.
- 4) Place salad on a bed of spinach.

Dieticians Note:

Okay to multiply for additional servings.