

## Bean and Artichoke Salad

(Makes 6 servings)

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

### Ingredients:

- 1 large tomato, chopped (2 cups)
- 1 red bell pepper, seeded and chopped (1/2 cup)
- 1 small red onion, chopped (1/2 cup)
- 1 cup chopped parsley or cilantro
- 1 19-ounce can red kidney beans, drained and rinsed
- 1 15-ounce can chickpeas, drained and rinsed
- 1 14-ounce can artichoke hearts, drained and rinsed
- 2 tablespoons fresh lemon juice
- 2 tablespoons balsamic vinegar
- 1 ½ tsp spicy brown mustard (or other mustard of your choice)
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 garlic clove, minced

### Directions:

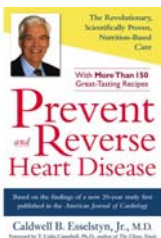
- 1) Combine first seven ingredients in a large bowl.
- 2) Combine remaining ingredients in a small bowl, stir with a whisk, and pour over bean mixture.
- 3) Chill before serving.



### Nutritional Analysis: (per serving)

- Calories: 210
- Fat: 2 g
- Saturated Fat: 0 g
- Sodium: 460 mg
- Protein: 11 g
- Carbohydrate: 34 g
- Sugars: 4 g
- Dietary Fiber: 6 g

### Source:



“Prevent and Reverse Heart Disease” by Dr. Caldwell B. Esselstyn

Go! Foods® for You Program 

*This recipe has been modified to meet Go! Foods® criteria.*