

Black Bean and Pepper Salad

Sodium Per Serving – 27mg

Serves 10–12



Salad:

2 (15-oz) cans NSA black beans, drained and rinsed*

2 green bell peppers, diced

1 red bell pepper, diced

1 yellow bell pepper, diced

1 sweet onion, diced

1 (15-oz) can NSA whole kernel corn, drained*

2 tbs chopped fresh flat-leaf (Italian) parsley (optional)

Dressing:

1/4 cup balsamic vinegar

1/4 cup extra-virgin olive oil

1/4 tsp finely minced garlic

1 tsp Dijon-style mustard

2 tsp sugar or sugar substitute

1. *For the salad:* In a large bowl, combine beans, peppers, onion, and corn.
2. *For the dressing:* Blend together the vinegar, oil, garlic, mustard, and sweetener, either by whisking in a small bowl or by shaking well in a screw-top jar.
3. Pour dressing over bean mixture and mix thoroughly; cover and refrigerate several hours.
4. Before serving, mix in parsley and stir well.

NUTRITIONAL INFO PER SERVING: Calories 145, Fat 6g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 17g (Fiber 8g, Sugar 4g), Sodium 27mg

Variations:

Bean, Pepper and Chevre Salad

Before serving, stir in 2 oz crumbled chèvre cheese.*

NUTRITIONAL INFO PER SERVING: Calories 159, Fat 7g (Saturated Fat 1g), Cholesterol 3mg, Carbohydrates 18g (Fiber 8g, Sugar 4g), Sodium 37mg

Bean, Pepper and Feta Salad

Before serving, stir in 2 oz *Athenos* Basil and Tomato Feta (or other flavored feta with 220mg sodium or less per oz).

NUTRITIONAL INFO PER SERVING: Calories 160, Fat 7g (Saturated Fat 2g), Cholesterol 4mg, Carbohydrates 18g (Fiber 8g, Sugar 4g), Sodium 71mg

***Recipe Notes**

1. Canned refried beans average 530mg sodium per 1/2 cup, reduced salt varieties have about 320mg.
2. Instead of frozen corn, use 1 1/2 cups fresh (about 3 ears).
3. Goat cheese can range from sweet and mild to tangy and sharp. Two of the better-known are Chèvre and Montrachet. Chèvre usually has the least sodium (about 50mg per oz), other varieties average 146mg