



Issue # 566

July 21, 2015

Classic Bean Salad

Beans offer great nutrition at a low price and are flexible enough to include in a wide variety of dishes. They're rich in protein, fiber and cancer-fighting phytochemicals like lignans and saponins. Paired with crisp pea pods, cherry tomatoes, hard-cooked egg and a creamy dressing, this cool salad is the perfect light meal for a hot summer day.

White Bean Salad

2 oz. sugar snap peas
3 medium red radishes
1 can (15 oz.) no salt added navy beans, rinsed and drained
1 large green onion, green and white parts, thinly sliced
1 Tbsp. finely chopped shallot
1 Tbsp. light mayonnaise
1 Tbsp. reduced-fat sour cream
1 tsp. Dijon-style mustard
Pinch cayenne pepper
Salt and freshly ground black pepper
1/3 cup snipped fresh dill, plus 16 small sprigs for garnish
4 hard-cooked eggs, quartered lengthwise
16 cherry tomatoes, halved

In small pot of boiling water, cook sugar snap peas 1 minute. Immediately drain in colander. Run cold water over peas while tossing until cool. Cut peas into 1/2-inch pieces and place in medium mixing bowl.

Slice radishes, stack slices and cut into quarters making wedges. Add radishes to mixing bowl. Add drained beans, green onion and shallot and toss to combine.

In small bowl, combine mayonnaise, sour cream, mustard and cayenne pepper. Mix to blend and season to taste with salt and pepper.

Add dressing to bean mixture, using fork to toss gently until well combined. Add chopped dill and mix gently. Adjust seasoning with salt and pepper, as needed.

To serve, spoon one-fourth of bean salad in center of 4 salad plates. Place 4 egg wedges around bean salad on each plate. Add 8 tomato halves and 4 dill springs to each plate and serve.

Makes 4 servings.

Per serving: 215 calories, 8 g total fat (2 g saturated fat), 22 g carbohydrate, 13 g protein, 8 g dietary fiber, 127 mg sodium.

