



StressLess Recipe



Tangy Bean and Spinach Salad BEAN EDUCATION AWARENESS NETWORK

This simple salad will provide you with nearly half of your folic acid requirements for the day.

SERVINGS 6-8

PREP TIME 20 MIN

COOK TIME 0 MIN

INGREDIENTS

- 1 can Pinto or Lima beans or
- 1 1/2 cups cooked dry packaged Pinto or Lima beans
- 1 cup cauliflower florets
- 1 cup chopped red bell pepper
- 1 small avocado, peeled, pitted, cubed
- 2 green onions and tops, sliced
- 1/2 cup fat free prepared sweet and sour dressing
- 4 cups baby spinach leaves
- 1 can Mandarin orange segments, drained or
- 1 fresh orange, peeled, chopped
- 2 tablespoons toasted sunflower seeds

DIRECTIONS

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Combine beans and vegetables in a salad bowl pour dressing over and toss. Add spinach and oranges and toss. Sprinkle with sunflower seeds

DNutritional Information Per Serving (1/8 of recipe): Calories 241; Fat 9g; % Calories from Fat 30; Carbohydrate 37g; Folate 190mcg; Sodium 502mg; Protein 9g; Dietary Fiber 9g; Cholesterol 0mg.