
Salad, Black Bean, Mediterranean

Debby

Servings: 4

Preparation Time: 20 minutes

score = 8

originally from the American Heart Assoc "Quick and Easy Cookbook"

1 pound black beans, cooked, can, rinse & drain
1 medium red bell pepper, seeded and chopped
1 medium green bell pepper, seeded and chopped
1/4 cup onion, chopped
1/4 cup balsamic vinegar
2 tablespoons chicken broth
1 teaspoon olive oil
1/2 teaspoon garlic, minced
1/4 teaspoon thyme, dried
1/4 teaspoon rosemary, dried
1/8 teaspoon black pepper
1/4 cup fresh parsley, or 1 T dried

In a medium bowl, combine beans, bell peppers, and onion. Set aside.

In a small jar with a tight-fitting lid, combine remaining ingredients except parsley. Cover and shake until ingredients are well combined.

Pour over bean mixture, stirring to coat. Stir in parsley, cover, and chill for 2 to 24 hours. Stir before serving.

Serving Ideas: great in pita bread for lunch or as a side dish

Miscellaneous, Veggies

Per Serving (excluding unknown items): 186 Calories; 2g Fat (9.0% calories from fat); 11g Protein; 33g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 29mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat.