



Easy Bean Salad



Ingredients

Find beans that have about 150 mg sodium per half-cup serving. *Eden* has the lowest sodium content and *Westbrae* is acceptable. If you can only find beans with higher sodium content, be sure to *drain* and *rinse* the beans.

- 1 15-ounce can kidney beans, drained
- 1 15-ounce can pinto beans, drained
- 1 10-ounce frozen package fordhook lima beans, cooked
- 3 cups frozen corn, cooked
- 1 large red bell pepper, finely diced (about 1 ½ cups)
- ¼ cup purple onion, diced very finely
- 1 T. extra virgin olive oil
- ¼ cup fresh lemon juice

Directions

1. In a pot, cook the lima beans as directed on the package – about 7 minutes. Add the corn on top of the lima beans and cook about 3 minutes more.
2. Toss all ingredients together. Refrigerate until serving. Serve cold or at room temperature.
3. If *Eden* beans are used, you may add about one teaspoon of salt.

Recipe adapted from *The Survivor's Handbook: Eating Right for Cancer Survival*. Recipe by Jennifer K Reilly, R.D.

Per serving: 149 calories, 7g protein, 25g carbohydrates, 8g Fiber, 2g Fat, 0 cholesterol, 12mg sodium

Serves 10