

COMMENTS:

1 Most canned beans have up to 480mg sodium per ½ cup. There are several brands of no-salt-added beans, such as Eden and American Prairie, which have less than 40mg per serving. See FOOD NOTE, page 73, for additional info and RESOURCES, page 272, for manufacturers and online sources.

2 Instead of frozen corn, use 1½ cups fresh (about 3 ears).

SIDE SALADS

BLACK BEAN AND PEPPER SALAD

Sodium Per Serving – 27mg

Serves 10–12

This salad is a personal favorite. Not only colorful, but it is quick and easy to make. Perfect for a picnic or potluck – make lots as everyone will come back for more!

Salad:

2 (15-ounce) cans no-salt-added black beans, drained and rinsed¹

2 green bell peppers, diced

1 red bell pepper, diced

1 yellow bell pepper, diced

1 sweet onion, diced

1 (15-ounce) can no-salt-added whole kernel corn, drained²

Dressing:

¼ cup balsamic vinegar

¼ cup extra-virgin olive oil

¼ teaspoon finely minced garlic

1 teaspoon Dijon-style mustard

2 teaspoons sugar substitute or sugar

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

- ▶ *For the salad:* In a large bowl, combine beans, peppers, onion, and corn.
- ▶ *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. Pour over bean mixture and mix thoroughly; cover and refrigerate several hours.
- ▶ 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

TOTAL SODIUM AND FAT PER INGREDIENT

Sodium:

30 oz NSA black beans - 90mg

2 green bell pepper - 8mg

1 red bell pepper - 2mg

1 yellow bell pepper - 2mg

1 sweet onion - 12mg

15 oz NSA whole corn - 30mg

1 t dijon mustard - 120mg

2 T parsley - 4mg

Fat (Sat Fat):

15 oz NSA whole corn - 3mg (0mg)

¼ c olive oil - 56mg (8mg)

VARIATIONS

BEAN, PEPPER AND CHEVRE SALAD

Before serving, stir in 2 ounces crumbled chèvre cheese (*see* COMMENTS #1, page 49, for more info on 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 ounces *Athenos* Basil and Tomato Feta (or other flavored feta with 220mg sodium or less per ounce).

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