

Salads



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Black Bean Salad

2 (15.5-oz.) cans black beans, rinsed and drained

1½ c. salsa (mild or medium)

Combine in bowl and refrigerate until serving.

Makes eight servings.

Per serving: 70 calories, 0 g fat, 16 g carbohydrate, 5 g fiber and 290 mg sodium

Fiesta Bean Salad

1 (15.5- oz.) can red kidney beans

1 (15.5- oz.) can yellow wax beans

1 (15.5- oz.) can green beans

1 (15.5- oz.) can garbanzo beans

1 large red onion, sliced

1 large green pepper, sliced

½ c. vinegar

½ c. oil (such as canola or sunflower)

1 c. sugar

Salt and pepper to taste

Drain and rinse the canned beans.

Combine beans, onion and pepper in a large bowl. Mix vinegar, oil and sugar in

separate container. Pour over mixture

and stir well. Season with salt and pepper.

Marinate at least three hours in the

refrigerator.

Makes 10 servings.

Per serving: 310 calories, 12 g fat, 7 g protein, 44 g carbohydrate, 8 g fiber and 350 mg sodium

Recipe courtesy of Utah State University Extension



“Lite” Italian Pasta Bean Salad

- 1 c. dry spiral macaroni
- 1 small head fresh broccoli, cut into bite-sized pieces
- 2 carrots, peeled and diced
- 1 tomato, diced
- 1 (15.5-oz.) can black beans, drained and rinsed
- ¼ c. reduced-calorie/“lite” Italian dressing
- ¼ c. grated Parmesan cheese

Cook macaroni in large saucepan of water just until tender. Drain and rinse with cold water. In a large bowl, mix broccoli, carrots and tomato. Add the rest of the ingredients to vegetables and stir gently. Cover and chill. Before serving, stir salad; add additional dressing if necessary.

Makes eight servings.

Per serving: 135 calories, 3 g fat, 8 g protein, 21 g carbohydrate, 6 g fiber and 142 mg sodium

Featured in: FN1485, “Now Serving: Beans!” available at www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf

*Recipe courtesy of Northarvest Bean Growers Association

Mandarin Orange-Kidney Bean Salad

- 1 (15.5-oz.) can kidney beans, drained and rinsed
- 1 (11-oz.) can mandarin oranges, drained
- 2 stalks celery, sliced
- ½ c. creamy low-fat salad dressing (try poppy seed dressing)
- 2 Tbsp. sugar

Combine ingredients in bowl and chill several hours.

Makes six servings.

Per serving: 188 calories, 7 g fat, 4 g protein, 27 g carbohydrate, 6 g fiber and 182 mg sodium



Mediterranean Bean Salad

- 1 (15.5-oz.) can Great Northern beans or garbanzo beans, drained and rinsed
- ½ c. sun-dried tomatoes, cut into strips
- ⅓ c. black olives, drained and chopped
- ⅓ c. fat-free or reduced-fat feta cheese, crumbled
- ⅓ c. red onion, finely chopped
- 2 cloves garlic, finely minced
- 2 Tbsp. fresh cilantro, chopped
- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- Fresh ground pepper

Drain and rinse beans. Combine all ingredients in a bowl and mix thoroughly. Serve on a lettuce leaf with grilled flat bread, tossed with pasta, in a pita pocket sandwich, on top of tossed salad or with whole-grain chips or crackers.

Makes six servings.

Per serving: 150 calories, 7 g fat, 5 g protein, 16 g carbohydrate, 5 g fiber and 200 mg sodium

Middle Eastern Bean Salad

- ½ c. vegetable oil
- ¼ c. lemon juice
- ¼ tsp. salt
- ¼ tsp. pepper
- ½ c. chopped parsley
- 1 tsp. cumin (if you like)
- 2 (15- to 16-oz.) cans beans, such as pinto, kidney, garbanzo, black beans
- ½ c. chopped onion
- 1 large chopped tomato
- 1 medium chopped cucumber

Mix together oil, lemon juice and spices in measuring cup. Combine other ingredients in large mixing bowl. Add lemon juice and oil to bowl. Chill several hours or overnight for flavors to blend.

Makes six servings.

Per serving: 360 calories, 19 g fat, 12 g protein, 36 g carbohydrate, 14 g fiber and 105 mg sodium

Featured in: FN1386, "Now Serving: Tasty Healthful Meals on a Budget," available at www.ag.ndsu.edu/pubs/yf/foods/fn1386.pdf



Taco Salad

- 1 small head of lettuce, torn into small pieces
- 2 fresh tomatoes, chopped
- ½ c. green pepper, chopped
- 1 lb. ground beef or turkey
- 1 (15.5-oz.) can pinto beans, drained and rinsed (or 2 c. cooked beans)
- 1 small onion, chopped
- ¾ c. salsa or taco sauce
- Baked tortilla chips (optional)
- Shredded cheese (optional)

Wash produce well before cutting. Put lettuce in large bowl. Add tomatoes and green peppers. Brown meat and onion in frying pan. Drain off fat and liquid. Mix meat, beans and salsa. Add to salad mixture. Serve with additional salsa and top with baked tortilla chips and shredded cheese.

Makes six 2-c. servings.

Per serving (without chips and cheese): 290 calories, 8 g fat, 29 g protein, 22 g carbohydrate, 7 g fiber and 210 mg sodium

Tex-Mex Chicken and Bean Salad

- 1 (10-oz.) can chunk chicken, drained
- 1 (15.5-oz.) can red kidney beans, no salt, drained
- 1 (4-oz.) can green chilies, chopped, drained
- ½ c. taco sauce
- 1 c. Monterey Jack and/or cheddar cheese, shredded
- 1 large tomato, diced
- 1 bag of chopped romaine lettuce

In 10-inch round baking dish or other microwave-safe dish, combine chicken, beans, chilies and taco sauce. Cook, covered with plastic wrap, on high five to seven minutes, until heated through, stirring once. Toss lettuce, tomatoes and cheese, then dish salad and top with the chicken mixture. Also may top with salsa, onions and sour cream if desired.

Makes six servings.

Per serving: 200 calories, 8 g fat, 18 g protein, 14 g carbohydrate, 3 g fiber and 470 mg sodium

Featured in: FN1618, "Cooking 101: Microwave Cooking in Small Spaces," available at www.ag.ndsu.edu/pubs/yf/foods/fn1618.pdf



Three-Bean Pasta Salad

8 oz. whole-grain pasta
1 (15.5-oz.) can three-bean salad, chilled
2 c. grape tomatoes
1 tsp. dried dill weed

Cook pasta according to package directions. Drain. Rinse with cold water and place in a medium-sized bowl. Add undrained three-bean salad, tomatoes and dill. Mix gently, cover and chill.

Makes six servings.

Per serving: 110 calories, 0 g fat, 5 g protein, 25 g carbohydrate, 4 g fiber and 280 mg sodium

Featured in: FN1559, "Cooking 101: Week 4," available at www.ag.ndsu.edu/pubs/yf/foods/fn1559.pdf

Three-Bean Salad

1½ c. celery, sliced thinly
½ c. onion, sliced thinly
1 (16-oz.) can cut green beans, drained
1 (16-oz.) can wax beans, drained
1 (16-oz.) can kidney beans, drained
½ c. vinegar
½ c. vegetable oil
¼ c. water
¼ c. sugar

Wash and slice celery and onion. In a large bowl, mix celery, onion and the three kinds of beans. Mix vinegar, oil, water and sugar. Add liquid to bean mix and stir until the bean mixture is coated. Cover and keep in the refrigerator overnight to mix the flavors. Store leftovers in the refrigerator.

Makes 10 servings.

Per serving: 190 calories, 11 g fat, 4 g protein, 18 g carbohydrate, 6 g fiber and 280 mg sodium

Featured in: FN-1383, "Now Serving: Tasty Healthful Meals on a Budget," available at www.ag.ndsu.edu/pubs/yf/foods/fn1383.pdf



Three-Bean Salad With Ginger Dressing

- 1 (15- to 16-oz.) can green beans
(or 1 lb. frozen green beans, cooked or
steamed according to package directions)
- 1 (15- to 16-oz.) can dark red kidney beans,
drained, rinsed
- 1 (15- to 16-oz.) can pinto beans,
drained, rinsed
- ¼ c. sliced green onions and tops

Ginger Dressing:

- ¼ c. canola oil
- ⅓ c. apricot preserves
- 2 Tbsp. plus 2 tsp. cider vinegar
- 2 Tbsp. sugar
- ½ tsp. ground ginger

Mix ingredients for ginger dressing in a large bowl. Drain and rinse beans; add to ginger dressing and mix. Cover and refrigerate at least two hours, mixing occasionally.

Makes eight servings.

*Per serving: 213 calories, 8 g fat, 6 g protein,
31 g carbohydrate, 6 g fiber and 473 mg sodium*

*Featured in: FN1485, "Now Serving: Beans!" available
at www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf*

Vegetarian Taco Salad

- 2 c. fresh spinach
- ¼ c. corn kernels, cooked
- ¼ c. canned black beans, drained and rinsed
(cold or heated)
- 2 Tbsp. shredded cheese
- 2 Tbsp. salsa
- 1 Tbsp. light sour cream

Toss all ingredients together.

Makes one serving.

*Per serving: 180 calories, 7 g fat, 10 g protein,
22 g carbohydrate, 6 g fiber and 610 mg sodium*

*Featured in: FN1473, "Cooking 101:
Hot Tips About Food Storage," available at
www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf*



Watermelon, Black Bean and Corn Salsa

- 1 can corn kernels, rinsed and drained
- 1 can black beans, rinsed and drained
- ½ medium purple or white onion, coarsely chopped
- ½ to 1 jalapeno pepper, chopped
- 1 clove garlic, minced
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 2 Tbsp. salad oil (such as canola or olive)
- 1 lime, juiced
- 1½ c. watermelon, chopped (with seeds removed)

Mix all ingredients except watermelon. Gently fold in watermelon and chill. Serve with baked chips or as a side dish with grilled meat, poultry or fish.

Makes six servings.

Per serving: 130 calories, 5 g fat, 4 g protein, 21 g carbohydrate, 5 g fiber and 160 mg sodium

*Recipe courtesy of the National Promotion Board