

Quick Vegetable Bean Salad

One serving of this quick salad gives you a dose of alpha- and beta-carotene, folic acid, vitamin C, fiber, and plant omega-3 fatty acids from the canola oil. If you want to make this more of a meal and you want to add fish omega-3 fatty acids and some protein into the picture, stir in a can of albacore tuna.

Ingredients:

3 cups baby carrots, diced, or thinly sliced carrots

3 cups broccoli florets cut into bite-sized pieces

15 ounces can kidney beans, drained and rinsed well

1/2 cup finely chopped mild onion (use less if desired)

1/2 cup 1/3-less-fat bottled vinaigrette made with canola or olive oil (I use Seven Seas® 1/3 less fat Red Wine Vinaigrette with canola)

6 ounces can albacore tuna canned in water (optional)

Preparation:

1. Add carrot pieces to microwave-safe covered dish with 1/4 cup water and cook on HIGH about 3-5 minutes (or until just barely tender). Drain well and add to medium-sized serving bowl.

2. Add broccoli pieces to microwave-safe covered dish with 1/4 cup water and cook on HIGH about 3-5 minutes (or until just barely tender). Drain well and add to medium-sized serving bowl.

3. Add beans, chopped onion, and vinaigrette (and tuna if desired) to serving bowl and toss well to blend.

Yield:

8 servings 2 points, 3 pointsplus

Nutritional Information:

Per serving: 110 calories, 5 g protein, 19 g carbohydrate, 2.5 g fat (0 g saturated fat), 0 mg cholesterol, 7 g fiber, 310 mg sodium