

Balsamic bean salad

Serves 4

Ingredients

- 1 x 125g can corn, no added salt
- 1 x 420g can four bean mix, no added salt
- 1 Lebanese cucumber
- ½ red onion
- 1 tomato

Balsamic dressing

- 2 tablespoons balsamic vinegar
- 2 teaspoons extra-virgin olive oil
- 1 tablespoon mint
- 1 tablespoon parsley
- Pepper to taste



Method

1. Drain corn and bean mix. Finely dice cucumber and onion. Chop tomato.
2. Chop mint and parsley, then set aside.
3. Combine beans, cucumber, tomato, onion and corn in a serving bowl.
4. In a small bowl, combine balsamic vinegar, olive oil, herbs and pepper.
5. Pour dressing over salad and toss to coat well.

Tip: give this recipe a protein boost by adding tuna, salmon or grilled chicken.

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.

NUTRITION INFORMATION		
Servings per recipe: 4		
Average serving size: 258g		
	Per serve	Per 100g
Kilojoules (kJ)	1098	425
Protein (g)	9.4	3.7
Total fat (g)	11.7	4.5
- Saturated fat (g)	1.9	0.7
Carbohydrates (g)	23.7	9.2
- Sugars (g)	5.3	2.1
Fibre (g)	9.4	3.6
Sodium (mg)	20	8