

Mediterranean Three Bean Salad

Ingredients:

- | | |
|---|---|
| 1 cup quinoa | 1/4 cup crumbled feta cheese |
| 2 cups water | 1/2 cup up Kalamata olives, pitted and sliced in half |
| 1/2 lb. green beans, trimmed and cut into 2 inch pieces | 1/4 cup fresh basil |
| 1 (15 ounce) can garbanzo beans, drained and rinsed | |
| 1 (15 ounce) can great northern beans, drained and rinsed | Dressing: |
| 1 red bell pepper, chopped and seeded | 1/4 cup olive oil |
| 1 yellow bell pepper, chopped and seeded | 1 tablespoon balsamic vinegar |
| 1 cup cucumber, chopped | 2 cloves garlic, minced or pressed |
| 1 cup grape tomatoes, halved | 1/4 teaspoon dried basil |
| 1/4 cup red onion, diced | 1/4 teaspoon dried oregano |
| | Pinch of salt and pepper |

Directions:

1. In a medium saucepan, bring quinoa and water to a boil. Cover and reduce heat to low and simmer for 15 minutes or until quinoa is tender. Remove from heat and let stand for 5 minutes. Remove lid and fluff with fork. Transfer to a large bowl.
2. Meanwhile, blanch the green beans. Bring large pot of water to a boil. Add the green beans and cook until tender and crisp, about 2 minutes. Drain the green beans and place in a bowl of ice water. Drain and pat dry.
3. Add the green beans, garbanzo beans, great northern beans, peppers, cucumber, tomatoes, red onion, feta cheese, olives, and basil to the bowl with the quinoa.
4. In a small bowl, whisk together the olive oil, balsamic vinegar, garlic, basil, oregano, salt and pepper. Pour dressing over the salad and gently stir until salad is coated with dressing. Serve and enjoy!

Nutrition Facts

Serving Size 1 cup (248g)	
Servings Per Container 10	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 31g	10%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 8g	
Vitamin A 15%	Vitamin C 90%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
 (907) 631-7630
 southcentralfoundation.com

Source: *Two Peas and Their Pod*

