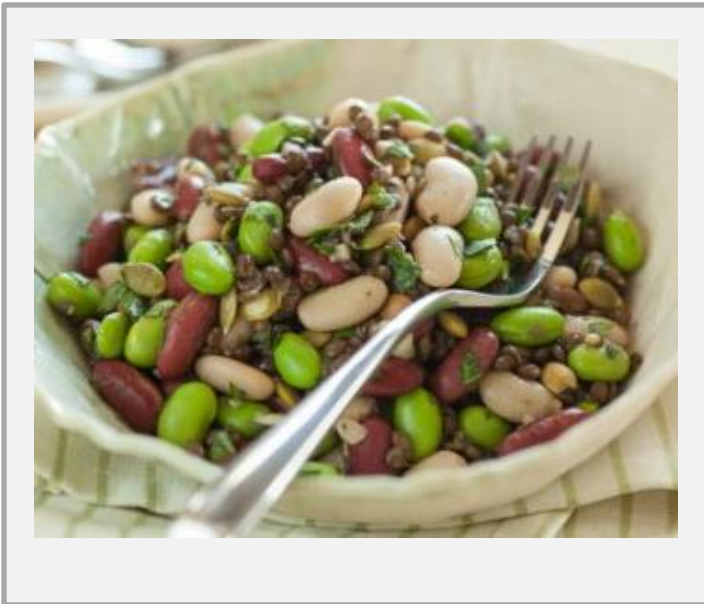


# Winter Four-Bean Salad

Makes: 6 servings



**Total Time: 30 minutes**

## Ingredients:

- ♥ ½ cup dried black lentils, rinsed and picked through
- ♥ 1 ½ cup frozen shelled edamame
- ♥ 1 (15 oz.) can no-salt-added kidney beans
- ♥ 1 (15 oz.) can no-salt-added cannellini beans
- ♥ 3 ½ tablespoon red wine vinegar
- ♥ 1 large garlic clove, minced
- ♥ 2 teaspoons finely chopped fresh thyme leaves
- ♥ 2 teaspoons honey
- ♥ ¼ teaspoon fine sea salt (optional)
- ♥ ¼ teaspoon ground black pepper
- ♥ ¼ cup chopped fresh parsley
- ♥ ¼ cup toasted pumpkin seeds, with salt

## PREPARATION

1. Combine lentils and 2 ½ cups water in a small saucepan. Bring to a boil, lower heat and simmer until tender but not mushy, about 20 minutes. Drain well and transfer to a large bowl.
2. In the same saucepan, add the other 2 ½ cups water and bring to a boil. Add edamame and simmer 5 minutes. Drain, rinse under cold water and add to the bowl with lentils. Add kidney beans and cannellini beans.
3. In a small bowl, whisk together vinegar, garlic, thyme, honey, salt and pepper. Pour over salad and toss to coat. Stir in parsley and pumpkin seeds; let sit at least 10 minutes for flavors to blend. The salad will keep refrigerated up to 3 days.

Nutrition Facts			
Serving Size: 1 cup (8oz)			
Servings: 1			
Amount Per Serving			
Calories 260	Calories from Fat 50		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 1g	4%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 120mg	5%		
Total Carbohydrate 36g	12%		
Dietary Fiber 13g	50%		
Sugars 3g			
Protein 19g			
Vitamin A 4%	Vitamin C 50%		
Calcium 8%	Iron 30%		
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

