

Recipe – Zesty Bean Salad

Ingredients:

- 2, 19 oz cans cannelloni beans, drained and rinsed
- 2 red peppers, chopped
- 1 cup parsley, chopped
- 1-2 cups tomatoes, chopped OR 2 cups cherry tomatoes, quartered
- 1 ear corn, take off the cob
- 1 TBS balsamic vinegar
- 3 TBS olive oil
- ½ lemon, juiced
- salt and pepper to taste

Directions:

In a large bowl, mix all of the above and toss well

Nutritional content of ½ cup of cannelloni beans:

Fat: 0 grams
Carbohydrates: 20 grams
Fiber: 6 grams
Protein: 8 grams