

Crunchy bean salad



Recipe credit

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About this recipe

Serves

4

Serving size

1/4 of prepared recipe

Time to make

20 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

- 1 cup fresh or frozen broccoli flowerets, steamed
- 1/2 cup cooked or canned navy or pinto beans, drained and rinsed
- 3/4 cup oil-free Italian salad dressing
- 3/4 head of lettuce, torn into bite-size pieces
- 3/4 cup unsalted sunflower seeds

Directions

1. Combine broccoli and beans with salad dressing. Chill several hours to blend flavors.
2. Toss bean mixture with lettuce. Sprinkle with sunflower seeds.
3. Serve. Refrigerate leftovers.

Tips and variations

- Make cooked beans from scratch to save money. Follow the instructions for the quick hot soak or overnight soak method found on Preparing Dry Beans and Whole Dry Peas: <http://z.umn.edu/preparingbeans>.
- Serve leftover salad in a wrap or pita bread. You may want to place the salad in a colander first, to drain any extra dressing.
- Add or substitute your favorite vegetables in this salad. Try adding onions and bell peppers, or swapping out the broccoli for cauliflower.

Nutritional info

Calories

96

Total fat

4.4 g

Saturated fat

0.5 g

Cholesterol

0 mg

Sodium

172 mg

Total carbohydrates

11.3 g

Dietary fiber

4.1 g

Protein

4.4 g

Total sugar

2.6 g

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