

Bean Salad with Mint

1 15.5 oz can unsalted navy beans, drained and washed
½ cup chopped green onions
1 cup cherry tomatoes, halved
1/2 tsp ground ginger
1 Tbsp olive oil
1 lemon, juiced
2 Tbsp fresh mint leaves, minced

Combine first 3 ingredients in small bowl. In separate bowl, whisk together ginger, olive oil and lemon juice. Add liquid to chickpeas, tomatoes and onions. Mix in mint and serve at room temperature or slightly chilled.

Serves 4.

Calories 140 Fat 4g Sat Fat 0.5g Carbohydrate 20g Dietary Fiber 7g Protein 7g Sodium 25mg