

Recipe for

SWEET BEAN SALAD

EQUIPMENT NEEDED Large mixing bowl, mixing utensil, knife, cutting board.

SERVES 2 ESTIMATED COST \$6.00 COST PER SERVING \$3.00

INGREDIENTS

- 4 cups spinach (or leafy green of choice)
- Juice of 1 lime (or lemon)
- 2 tbsp extra virgin olive oil
- 1 can garbanzo beans (or bean of choice), drained and rinsed
- 4 tbsp cumin, ground
- 4 dried dates (or dry fruit of choice)
- 1/4 cup crumbled feta cheese (or cheese of choice)
- 2 tbsp sunflower seeds (or nut/seed of choice)

METHOD OF PREPARATION

1. In a large bowl, toss spinach with lime juice and olive oil.
2. Transfer to serving bowls.
3. In each bowl, add beans and sprinkle cumin evenly to coat beans.
4. Cut dried fruit into raisin-sized pieces and sprinkle over beans.
5. Top with crumbled cheese. Enjoy!

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NUTRITION INFORMATION

Sweet Bean Salad		
Nutrition Facts		
Serving Size: 0.5 x full recipe		
Amount Per Serving	% Daily Value*	
Calories	742.8 kcal	37 %
Total Fat	40.3 g	62 %
Saturated Fat	11.1 g	56 %
Trans Fat	0.7 g	
Cholesterol	54.6 mg	18 %
Sodium	1234 mg	51 %
Total Carbohydrate	73.6 g	25 %
Dietary Fiber	18.6 g	74 %
Sugars	21.3 g	
Protein	30.3 g	61 %
Vitamin A	25 % • Vitamin C	41 %
Calcium	59 % • Iron	71 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>

HEALTH BENEFITS

Garbanzo beans (also known as **chickpeas**) are a great source of essential fatty acids, which have been shown to maintain healthy cholesterol levels.



HEALTH BENEFITS

Leafy greens provide a variety of health benefits including slowing cognitive decline in aging and contributing to heart health.

References:

Recipe provided by Gabrielle La Chapelle