

Michigan Bean and Carrot Salad with Herbs



Michigan Restaurant & Lodging Association
EDUCATIONAL FOUNDATION

MRLAEF

Ingredients#

1 c. cooked black bean,cranberry,
pinto beans or combination
If using canned, drain thoroughly
½ c. shredded carrot
¼ diced onion
1 tbsp minced garlic
3 Tbsp fresh basil
3 Tbsp fresh parsley
3 Tbsp fresh cilantro

Dressing

½ c. olive oil
3 Tbsp red wine vinegar
2 tsp Dijon mustard
1 tsp black pepper

Directions#

Dressing- in a large bowl mix vinegar, mustard, and pepper. Slowly whisk in olive oil.

Chop or tear up the herbs, put all the ingredients in the bowl and mix well.

If using dried herbs blend well with the dressing before adding the other ingredients.

Any herb selection will work with this recipe.

Add a grain to make a delicious bowl or use to top fresh greens.

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 4-6

267

17.4g

2.5g

0mg

29mg

22.5g

5.5g

7.4g