

Broccoli and Navy Bean Salad

(This recipe comes from "The Bean Cookbook," published by the North Dakota Department of Health.)

Yield: 4 servings

Ingredients:

1 cup broccoli florets
½ cup cooked or canned navy beans, drained
½ cup no-oil Italian dressing
¼ head iceberg lettuce, washed and chilled
¼ cup sunflower seeds
cherry tomatoes or tomato wedges (optional)

Procedure:

Steam broccoli until tender (or cook covered in a microwave for two to eight minutes.) Combine broccoli, beans and dressing. Chill several hours. Tear lettuce into small pieces and toss with bean mixture. Sprinkle sunflower seeds on top and serve. If desired, garnish with cherry tomatoes or a regular tomato into four or eight wedges.

110 calories
and 4.4 grams
of fat
per serving

A serving of Broccoli and Navy Bean Salad also contains 4 grams of fiber. This recipe also is rich in folate from the beans and broccoli. Folate has been shown to reduce risk of birth defects and may reduce our risk for heart disease.

NDSU Agriculture Communication



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