

For lunch or on the side

Beans have a wide range of positive health benefits; they are cheap, nutritious, extremely versatile and packed with nutrients such as protein, fibre, foliate, calcium, magnesium, iron and zinc. Beans and pulses help lower blood cholesterol as they are high in fibre so very beneficial for intestinal health. Canned beans are a great store cupboard item. You could vary the types of beans or add chickpeas. This dish can be eaten on it's own for lunch or as a side dish to a main meal like chicken curry.



Bean Salad

(Serves 4-5)

Ingredients

Canned 4 bean mix - drained and rinsed	1 x 425g can
Canned whole kernel corn - drained	1 x 410g can
Chick peas - drained and rinsed	1 x 410g can
Mint and/or parsley - chopped	3 tablespoons
Spring onions - thinly sliced	3
Cucumber - diced	½
Tomatoes - cut into segments	2
Capsicum - diced	1 small
Baby spinach leaves or broken up lettuce leaves	½ bag

Method

Place all salad ingredients in a bowl with cracked pepper and a little salt then pour over dressing and mix. If you are preparing the salad for the next day, to stop it going soggy, split the cucumber down the middle and scoop out the watery seeds with a tea spoon before dicing. Then add the green leaves to the serving plate and place the bean mix on top.

Serve per person with either:

- chicken 200 grams remove skin, sprinkle with paprika then grill
- lean beef 180 grams remove fat, grill with garlic and cracked pepper
- lean lamb 180 grams remove fat, grill with a little Cajun spices
- baked fish 200 grams wrapped in a grease proof paper or tin foil parcel with squish of lemon juice a little ginger and small dash of sesame oil then bake at 180°C for about ten minutes

For the dressing

Ingredients

Lemon juice or a white vinegar	1 tablespoons
Good oil e.g. canola or soybean	3 tablespoons
Honey	1 teaspoon
Minced garlic	½ teaspoon
Mustard	1 tablespoon

Put all dressing ingredients together in a screw top jar and shake well.

Tip!

Adding spices to meat is a great way to avoid salt whilst still enhancing the flavour of the food.