

Bean and Smoked Cheddar Salad

Side Dish

Serves 4

Prep time: 20 minutes total

This tasty bean salad comes together in no time and the smokey cheddar adds a little something extra. No smoked cheddar? Try using sharp cheddar or pepper jack.

Ingredients

- 2 tablespoons Dijon mustard
- 2 tablespoons cider vinegar
- 1/4 teaspoon salt
- 1 teaspoon sugar
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil
- 2 tablespoons fresh parsley, chopped
- 1/4 cup red onion, minced
- 1/2 cup celery, sliced
- 2 15-ounce cans 50% less sodium beans (such as garbanzo, kidney or black beans), drained and rinsed
- 4 ounces smoked Cheddar cheese, cut into 1/4 inch cubes

Preparation

In a large bowl combine Dijon mustard, cider vinegar, salt, sugar, black pepper and olive oil; whisk until well mixed.

Add remaining ingredients to large bowl with vinaigrette and mix until evenly coated. Serve chilled or at room temperature.

Nutrition Information

Per serving: 240 calories, 11 g total fat, 4 g saturated fat, 310 mg sodium, 23 g carbohydrates, 8 g fiber, 12 g protein, 192 mg calcium

Provided by:
Nutrition Education Services/Oregon Dairy Council
www.oregondairycouncil.org



Cook Together. Eat Together. Talk Together. Make Mealtime a Shared Time.