

## **A Trio of Bean Salads Camerota's Cupboard October 2012**

The bean salad is an American classic. It is quick and simple to prepare and keeps well in the refrigerator, so it can be ready at a moment's notice. Here is a trio of salads tasty and healthful in all seasons.

### **Sweet-Tart Asian-Style Three Bean Salad**

(adapted from Ellie Krieger in USA WEEKEND, June 2012)

According to the Livestrong website, edamame has high nutritional value and health benefits. These green soybeans are a natural source of antioxidants and isoflavones. Antioxidants are beneficial because they can help prevent negative effects of free radicals in the body. Eating antioxidant-rich foods has been associated with strengthening your immune system and with reducing your risk of cancer, hardening of the arteries and neurodegenerative diseases. Isoflavones are phytohormones that may help reduce prostate and breast cancers, diminish the risk of heart disease, lower blood pressure levels and ease menopausal symptoms.

1 pound fresh green beans, trimmed and cut into 1-inch pieces  
One 10-ounce bag frozen shelled edamame  
2 tablespoons canola oil  
3 tablespoons rice vinegar  
¼ cup 100%-fruit apricot preserves  
2 teaspoons sugar  
1 teaspoon peeled and grated fresh ginger  
One 15-ounce can black beans (low-sodium) drained and rinsed 1-2 minutes  
2 scallions (white and green parts), thinly sliced  
Salt to taste

- Steam the green beans and frozen edamame for 4 minutes. Drain well, then transfer beans to a large bowl and place in refrigerator to cool for at least 15 minutes.
- In a small bowl, whisk together the oli, vinegar, apricot preserves, sugar and ginger.
- Add the black beans and scallions to the green beans and edamame, drizzle with the dressing, and toss to coat. Season with salt, and serve at room temperature or chilled. This salad will keep in the refrigerator in an airtight container for about 3 days.

### **8 servings**

**Approximate nutrition information per serving (  $\frac{3}{4}$  cup cup):** 180 calories; 25g carbohydrate; 7g protein; 7g fat (0g saturated), 6g fiber; 0mg cholesterol, 72mg sodium (The nutrition information is approximate because I reduced the amount of oil and sugar in the original recipe.)

### **Black Bean Salad with Barley**

(from The Nutrition Council of Greater Cincinnati's *More Nutritious Still Delicious*)

According to the staff at the Nutrition Council, "This delicious salad is full of flavor, color and soluble fiber—the kind of fiber found in beans and barley that can help lower cholesterol levels. This is a great dish to take to a party because it is easy to prepare and can be made ahead of time."

1 cup water

$\frac{1}{2}$  cup quick cooking barley'

$\frac{1}{2}$  teaspoon salt

1-15 ounce can black beans, drained and rinsed 1-2 minutes

1 red or yellow bell pepper, chopped

1-14.5 ounce can petite diced tomatoes with garlic and olive oil

1 cup frozen corn, thawed  
3 green onions, chopped  
1 teaspoon dried oregano  
1 teaspoon dried basil  
Juice of 1 lime  
¼ teaspoon freshly ground black pepper  
½ cup (2 ounces) shredded pepper jack cheese

- In a medium saucepan, bring water to a boil. Add barley and salt if desired.
- Reduce heat, cover and simmer until the barley is tender, about 10 minutes. Drain well.
- In a large bowl, combine barley, beans, bell pepper, tomatoes, corn, green onions, oregano, basil, lime juice and black pepper. Stir to mix; adjust seasoning to taste.
- Top with cheese before serving.

**12 servings (1/2 cup per serving)**

**Nutrition information per serving (1/2 cup):** 100 calories; 4g protein; 17g carbohydrate; 4gm dietary fiber; 2g fat; 1g saturated fat; 5mg cholesterol; 272mg sodium

**Grilled Tuna and Cannellini Bean Salad**

( from an Aetna newsletter)

This nutritional powerhouse of a salad includes tuna, high in protein and omega-3's and beans and vegetables which provide fiber. Grease the grill rack and brush the fish with a little oil to help prevent sticking. Let the steaks sear in position so they develop grill marks, then use a thin bladed metal spatula instead of tongs to remove them. This keeps the fish from breaking.

2 (5-6-ounce) fresh tuna steaks, cut 1 inch thick  
2 tablespoons fresh lemon juice

2 tablespoons olive oil  
1 tablespoon balsamic vinegar  
1 tablespoon Dijon mustard  
4 cups fresh baby spinach  
2-15 ounce cans cannellini beans, drained and rinsed 1-2  
minutes  
1 cup thinly sliced red onion  
1 cup sliced celery (2 stalks)  
¼ cup oil-packed sundried tomatoes, drained and chopped  
2 tablespoons snipped fresh Italian (flat-leaf) parsley

- Pat fish dry with paper towels. For a charcoal grill, grill fish on the greased rack of an uncovered grill directly over medium coals for 8-12 minutes or until fish flakes easily when tested with a fork, carefully turning once halfway through grilling. (For a gas grill, preheat grill to high. Reduce heat to medium. Place fish on greased grill rack over heat. Cover and grill as above.)
- Combine lemon juice, oil, vinegar and mustard in a screw-top jar. Cover and shake well. Reserve 1 tablespoon of the dressing to drizzle over grilled fish.
- In a large bowl combine spinach, beans, red onion, celery, sundried tomatoes and parsley. Drizzle with the remaining dressing; toss gently to coat.
- Arrange spinach mixture on a serving platter. Slice fish and place on top of spinach mixture. Drizzle fish with the reserved tablespoon of dressing.

#### **4 servings**

**Nutrition information per serving:** 306 calories; 9g total fat (1g sat. fat), 32mg cholesterol; 525mg sodium,; 38g carbohydrate; 12g dietary fiber; 31g protein.