

Carrot & Mixed Bean Salad with Tahini Dressing

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Note: if you choose to use canned beans instead of fresh cooked beans, rinse thoroughly to remove excess sodium. The sodium amount with canned beans will be higher.





Carrot & Mixed Bean Salad with Tahini Dressing

4 servings
15 minutes

Ingredients

- 1/2 cup Tahini
- 1 1/3 tbsps Maple Syrup
- 3 tbsps Apple Cider Vinegar (to taste)
- 1/4 cup Water
- 2 cups Mixed Beans (cooked)
- 2 stalks Celery (sliced)
- 4 Tomato (small, chopped)
- 1 Carrot (large, shredded)
- 1 Avocado (chopped)
- 1/3 cup Chives (chopped, flowers optional)

Nutrition

Amount per serving	
Calories	419
Fat	24g
Carbs	41g
Fiber	14g
Sugar	6g
Protein	15g
Cholesterol	0mg
Sodium	114mg
Vitamin A	4566IU
Vitamin C	28mg
Calcium	196mg
Iron	6mg

Directions

- 1 In a jar, whisk together the tahini, maple syrup, vinegar, and water. Set aside.
- 2 Arrange the beans, celery, tomato, carrot, and avocado in a large salad bowl. Drizzle with the dressing and top with chives. Toss the salad before serving and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to four days.
- Serving Size:** One serving equals approximately two cups.
- More Flavor:** Add salt and pepper to taste.