

Citrus Bean Salad*

16% calorie reduction from traditional recipe

18% carbohydrate reduction from traditional recipe

Number of Servings: 6 Serving Size: 1/6th of recipe

Ingredients	Measure	Weight	Nutrition Information	
			Amount per serving	
naval oranges, peeled, sliced, membranes removed	3 ea	---	Calories	171
finely shredded carrots	1 1/2 cups	---	Calories From Fat	9
red kidney beans, rinsed and drained	1 cup	15 1/2 oz	Total Fat	1 g
Great Northern beans, rinsed and drained	1 cup	15 1/2 oz	Saturated Fat	0 g
finely chopped fresh parsley	1/3 cup	---	Cholesterol	0 mg
red bell pepper, chopped	1/3 cup	---	Sodium	271 mg
tarragon white wine vinegar	1/3 cup	---	Total Carbohydrate	37 g
balsamic vinegar	1/3 cup	---	Dietary Fiber	11 g
Equal® Spoonful OR 6 packets Equal® sweetener	1/4 cup	---	Sugars	12 g
salt and pepper, to taste	1 ea	---	Protein	9 g
lettuce leaves	12 ea	---		

Preparation Instructions

1. In a large non-metallic bowl, combine oranges, carrots, kidney beans and Great Northern beans. Cover and chill.
2. Combine remaining ingredients (except lettuce) in a medium bowl and stir well. Cover and refrigerate until chilled.
3. Pour the dressing into the orange, carrot and bean mixture; add salt and pepper, to taste. Let stand to blend flavors. Keep refrigerated until ready to serve.
4. Serve over lettuce leaves on individual plates.

**From the American Diabetes Association website*