

MIXED BEAN SALAD



QUICK

Less than 5
mins prep

HEALTHY

Beans are a good source of
plant-based protein, calcium
and iron

FAMILY



MEALS

When lunch is a bowl of soup,
eat this salad on crackers to
boost the protein and keep
you feeling fuller for longer

INGREDIENTS

- 400g tin mixed beans
- 2 spring onions
- 1/2 lemon
- 1 tbs mayonnaise*
- S & P

METHOD

- 1) Drain the beans and put in a dish
- 2) Slice the spring onions and add
- 3) Squeeze over the juice of ½ lemon
- 4) Add 1 tbs mayonnaise
- 5) Mix well
- 6) Season and taste - add more S&P, mayonnaise or lemon to taste
- 7) Serve

*For a vegan mayonnaise see
the recipe on my website



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To watch a video showing how this is made or to explore more
Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com