



Easy Bean Salad

If you're in the mood for a quick, tasty high-protein salad, check out this easy recipe for bean salad, which combines four types of beans, tasty veggies and spices for a super-healthy lunch. This is a great source of recovery protein after a workout, and can be refrigerated for several days after preparation. Enjoy!

Ingredients

- 1/2 cup low-fat Italian salad dressing
- 1 15-oz can kidney beans, drained and rinsed
- 1 15-ounce can pinto beans, drained and rinsed
- 1 15-oz can black-eyed peas, drained and rinsed
- 1 10-oz frozen package baby lima beans, thawed completely
- 1 cup frozen corn, thawed completely
- 1 large red bell pepper, diced
- 1/2 medium onion, diced
- 1 teaspoon salt
- 1 teaspoon pepper

Preparation Process

Toss all ingredients together. Serve either cold or at room temperature.

If you want to watch the video again. Click [here](#).