



Mediterranean Bean Salad

Combining simple, fresh ingredients with aromatic herbs and heart-healthy fats provides a variety of textures and flavors that are characteristic of the Mediterranean and keeps you on track with the goals of the Brain Health Food Guide.



Serving
2



Cook
10 Minutes



Contributer
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425 grams White Navy Beans canned (rinsed well) (15 oz)
1 Tomato (medium, diced)
½ Red Bell Pepper (medium, diced)
¼ cup Red Onion (finely chopped)
¼ cup Parsley (finely chopped, optional)
2 tbsp Extra Virgin Olive Oil
2 tbsp Balsamic Vinegar
1 cup Baby spinach
To taste Sea Salt & Black Pepper

1. Combine the beans, tomato, bell pepper, red onion, parsley in a mixing bowl. Add the oil and balsamic vinegar and season with salt and pepper to taste. Mix well.
2. Split spinach in between bowls and top with mixture. Season with additional balsamic vinegar or salt and pepper if needed. Enjoy!

Variations

In terms of variations, you could add different kinds of beans for a varied protein profile or include other vegetables like cucumber or roasted zucchini for more texture and flavor.

If you prefer a punchier dressing, consider adding crushed garlic or Dijon mustard to the oil and vinegar.

For a non-vegan version, you could toss in some feta cheese for a creamy, tangy element.

DIETITIAN'S MESSAGE

The dish is a nutritional powerhouse, providing a rich source of plant-based protein from the beans, an array of vitamins and antioxidants from the colorful array of vegetables, and heart-healthy monounsaturated fats from the olive oil.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

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on Neurodegeneration
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CCNV
Consortium canadien en
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