



*Small white beans, or navy beans, are high in fiber and very low in saturated fats and cholesterol. A good source of protein, iron, and a number of other vitamins, they are versatile and an excellent alternative to meat. The velvety texture of the beans works well with the savory dressing.*

## **Bean Salad**

### *Ingredients*

2 cups dry navy beans  
1 tsp baking soda  
2 tomatoes, quartered  
1 sweet onion, sliced  
1 tbsp mint  
1 tbsp parsley  
2 tsp salt  
1/4 cup oil  
1 tbsp white wine vinegar  
4 cups salted water

### *Instructions*

Rest beans in water and baking soda overnight. The next day, drain and cook in cold salted water until tender (60 to 90 minutes). The beans will start to tear open when they are ready.

Drain beans and place in a bowl along with the onions, parsley and mint. Mix the oil, vinegar and salt and drizzle over the beans. Add chopped tomatoes and toss well.

Refrigerate until ready to serve. Makes 4 to 6 servings.