

CHIPOTLE BBQ THREE BEAN SALAD

Makes 5 servings – 1/2 cup each

INGREDIENTS

2/3 cup canned black beans, low sodium, drained
2/3 cup pinto beans, low sodium, drained
2/3 cup garbanzo beans, low sodium, drained
1 cup fat-free Greek yogurt
1 Tbsp. + 2 tsp lime juice
1/4 tsp. ground black pepper
1/4 tsp. granulated onion
1/4 tsp. dried dill
1/4 tsp. chipotle powder
3/4 tsp. dried cilantro
2-1/2 Tbsp. sweet of smoky BBQ sauce

INSTRUCTIONS

1. Rinse all beans in cold water and drain well.
2. Combine all beans together.
3. Combine yogurt and lime juice in mixing bowl. Add pepper, onion, garlic, dill, chipotle powder and cilantro. Blend well.
4. Combine yogurt mixture and BBQ sauce. Mix until blended.
5. Pour mixture over beans. Toss lightly to combine.
6. Refrigerate until ready to use.

NUTRITIONAL FACTS: PER SERVING

Calories: 196
Total Fat: 1.76 g
Saturated Fat: 0.02 g
Cholesterol: 0.82 mg
Sodium: 297 mg

Calcium: 22.39 mg
Protein: 11.67 g
Carbohydrates: 35 g
Dietary Fiber: 10.51 g

