



Arugula and Kidney Bean Salad

When you are deciding what to serve with fish, try this. What a tasty combination! And eating beans is a great way to insure you get enough fiber without having to munch 10 cups of lettuce for the same benefit. Beans are also a good source of protein with very little fat. Kidney beans are usually dark red and if you have a choice, I like the way the red beans look with the green arugula and red onions. But if you only have pink or white kidney beans, don't let that stop you from making this salad.

Serves 4

2 cups cooked or drained, canned red kidney beans, see Note
1/2 cup finely chopped red onion
2 tablespoons chopped fresh basil
2 tablespoons olive oil
2 to 3 tablespoons red wine vinegar
Sea salt and freshly ground black pepper
4 cups stemmed arugula, watercress, or mesclun mix
1/4 cup shaved Parmesan cheese or shaved soy Parmesan, optional

1. In a large bowl, combine beans, onion, basil, and oil. Add 2 tablespoons of the vinegar and season to taste with salt and pepper. Taste and add more vinegar if necessary.
2. Arrange the arugula on a serving platter. Spoon the beans on top. Sprinkle with cheese, if using, and serve.

Per serving: 18 grams carbohydrates; 2 grams protein; 7 grams fat

Note: When I have time, I prefer to cook beans rather than use canned. First, rinse them well and then soak them in cold water to cover for about an inch for at least 6 hours or over night. Rinse the beans in cold water twice before cooking. Drain and put the beans in a large pot with enough cold water to cover by a few inches. Add a piece kombu, which is a seaweed that helps break down the enzymes in the beans and makes them easier to digest, and remove it before serving the beans. Kombu, a dark green sea

vegetable, is easy to find in health food stores. Cook kidney beans and kombu at a simmer for an hour to 90 minutes, or until soft enough to squash between your fingers but not until they are mushy. Check the water level during cooking and add more to keep the beans completely covered. Discard the kombu before serving.

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