



trifit

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## **Zesty Adzuki Bean Salad**

Beans, beans are good for your heart.... The smaller the bean, the easier to digest and less repercussions! Beans are power foods due to their richness in calcium, iron, protein and fibre. When combined with grains they make a complete protein and a very hearty meal! This salad would serve well with a crusty piece of whole-grain bread, on a bed of whole-wheat couscous or quinoa.

### Ingredients

1½ cups adzuki beans  
6 cups water  
1 cup green onions, thinly sliced  
1 cup carrots, grated

### *Dressing*

¼ tsp sesame oil  
3 tbsp canola oil  
1½ tbsp fresh ginger, minced  
½ tsp fresh garlic, minced  
1¼ cup fresh basil, minced  
2 tbsp rice wine vinegar  
Pinch red chili pepper flakes  
1 tbsp tamari  
¼ cup fresh lime juice

### Directions

1. Place adzuki beans and water into a sauce pot. Bring to boil, simmer 30–35 minutes. The beans should be cooked, yet retain their shape.
2. Combine dressing ingredients.
3. Drain cooked beans and gently rinse under cold water. Cool beans completely.
4. Combine all ingredients.

Makes 6 serving - Per Serving: 253 calories, 8g fat, 11g protein