

PantryPress



Mediterranean White Bean Salad

Serves: 6

Ingredients

3 Tbsp olive oil
3 Tbsp lemon juice
1 tsp garlic powder
¼ tsp salt
¼ tsp pepper
1 can white beans or chickpeas, rinsed and drained
1 can low sodium tomatoes, drained
1 Tbsp parsley
½ cup grated low-fat cheese (optional)

Directions

1. For dressing: In a small bowl, combine olive oil, lemon juice, garlic, salt, and pepper. Set it aside.
2. In a large bowl, add drained beans, tomatoes, and parsley.
3. Pour dressing over top then stir to combine. Serve cold.
4. Serve with grated cheese garnish. (optional)

Nutrition Info

173 Calories
9g Fat
19g Carbohydrates
6g Protein
250mg Sodium
6g Fiber

Related Links:

<https://odphp.health.gov/myhealthfinder/health-conditions/heart-health/heart-healthy-foods-shopping-list>

<https://www.heart.org/en/healthy-living/healthy-eating>

<https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>

Heart Healthy

Choosing foods that provide energy, vitamins, and minerals for your body can help reduce your risk of developing heart disease. Even if you already have a heart condition, a balanced diet can benefit your heart. Still not convinced? Look at the list below for even more benefits to eating a heart healthy diet.

- **Lower risk of diabetes**
- **Reduce risk for some cancers**
- **Lower cholesterol levels**
- **Reduce risk of high blood pressure**
- **Weight management**
- **Increased energy**

If you are looking to make heart healthy choices, check out the tips below:

- Look for “whole grains” like brown rice or whole grain breads to get more fiber
- Choose fresh, frozen, and canned fruits and veggies from all colors of the rainbow
- Leave edible peels on your fruits, such as those from apples or pears, for more fiber
- Pick canned fruits in 100% juice or water, not syrups
- Read food labels to choose dairy options with the least amount of fat
- Try plant-based proteins such as beans, legumes, nuts, and seeds

FAST FACTS: DASH DIET

The Dietary Approaches to Stopping Hypertension (DASH) eating plan focuses on eating for a healthy heart. Hypertension is the medical term for high blood pressure. Higher blood pressure causes the heart to work harder and can have harmful effects on the rest of the body. Eating more fruits and vegetables, consuming lower amounts of sodium and fat, and regularly engaging in physical activity may help to reduce your blood pressure.

