



## BEAN SALAD DAYS

They have lots of fiber, folate and magnesium—and a serving of beans a day can cut your “bad” LDL cholesterol by about 5%, found a recent report in the *Canadian Medical Association Journal*. Here’s a tasty way to get more of these good legumes:

### Bean-Pepper Slaw

In lg. bowl, toss 2 (15-oz.) cans pinto or pink beans, rinsed and drained, with 2 sm. red peppers, seeded and thinly sliced; 1 med. shallot, finely chopped; 3 Tbsp. red wine vinegar; 1 Tbsp. extra virgin olive oil; and ¼ tsp. each salt and black pepper. Let stand 15 min. Serves 4; 210 calories