

Sweet-Tart Asian-Style Three Bean Salad

1 pound fresh green beans,
trimmed and cut into 1-inch
pieces

One 10-ounce bag frozen
shelled edamame

3 Tbs. canola oil

3 Tbs. rice vinegar

¼ cup 100%-fruit apricot
preserves

1 Tb. sugar

1 tsp. peeled and grated
fresh ginger

One 15-ounce can black beans,
preferably low-sodium,
drained and rinsed

2 scallions (white and green
parts), thinly sliced

Salt to taste

Put the green beans and frozen edamame in a steamer basket over several inches of boiling water and

steam them for 4 minutes. Drain well, then transfer the beans to a large bowl and put them in the refrigerator to cool for 15 minutes or longer.

In a small bowl, whisk together the oil, vinegar, apricot preserves, sugar and ginger.

Add the black beans and scallions to the green beans and edamame, drizzle with the dressing, and toss to coat. Season with salt, and serve at room temperature or chilled. This salad will keep in the refrigerator in an airtight container for about 3 days.

Yield: 8 servings

**Per serving (¾ cup): 180 calories,
25g carbohydrates, 7g protein,
7g fat (0g saturated), 6g fiber,
0mg cholesterol, 72mg sodium**

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