

Three-Bean Salad with Lemon and Basil



Hands-On Prep 15 MIN

Cook 15 MIN

Serves 6



1 Cook the edamame according to package directions. Rinse in a colander under cold running water; drain.

2 Combine lemon zest, lemon juice, oil, salt, and ground pepper in a medium bowl. Add the edamame, black and white beans, red onion, bell pepper, and basil; toss to coat.

PER SERVING ($\frac{3}{4}$ cup): 160 Cal, 3 g Fat, 0 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 427 mg Sod, 26 g Carb, 8 g Fib, 9 g Prot, 94 mg Calc.

POINTS value: 3.

Plan Ahead Unlike the beans in a typical three-bean salad, the beans in this salad won't turn drab olive green when stored. If you make the salad ahead, transfer to an airtight container and refrigerate up to 2 days, but don't add the basil until the last minute.

$\frac{2}{3}$ cup shelled fresh or frozen edamame (green soybeans)

1 teaspoon grated lemon zest

1½ tablespoons fresh lemon juice

1 tablespoon olive oil

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon freshly ground pepper

1 (15-ounce) can black beans, rinsed and drained

1 (15-ounce) can small white beans, rinsed and drained

$\frac{1}{2}$ small red onion, finely diced

$\frac{1}{2}$ small yellow bell pepper, seeded and finely diced

5 large fresh basil leaves, thinly sliced