

# VYP

Vary Your Protein Recipe Series

Recipe Category: Cold Side Dish

## Beans and Pasta Salad

Yield: 2 servings, about 1 cup each

- 1/3 cup cooked red beans, cooked without salt, drained and rinsed
- 1/3 cup chopped fresh cucumber
- 1/4 cup chopped radishes
- 1/4 cup frozen peas
- 1/4 cup frozen cut carrots, cut into quarters
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon dried Italian seasoning or dried oregano leaves
- 1/8 teaspoon ground black pepper
- a dash of dried red pepper flakes
- 1 tablespoon lemon juice
- 3/4 cup cooked elbow macaroni or bowtie pasta, preferably whole wheat

1. Wash your hands and work area.
2. In a shallow serving bowl, gently stir all ingredients together.
3. Cover and refrigerate for several hours to allow flavors to blend.
4. Serve chilled.
5. Cover and refrigerate leftovers within two hours.

For more information about healthy eating, contact your local extension office or log on to [www.ksre.ksu.edu/humannutrition/](http://www.ksre.ksu.edu/humannutrition/). The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.



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### *Meal suggestion:*

*Serve with egg or tuna salad and spinach leaves tucked into a whole grain pita pocket, watermelon, and low-fat milk.*

*This easy cold side dish is also healthy. Cholesterol-free and low in fat and sodium, it is an excellent source of vitamin A and dietary fiber, and a good source of vitamin C and iron.*

## Nutrition Facts

Serving Size about 1 cup (156g)  
Servings Per Container 2

Amount Per Serving

**Calories** 130      **Calories from Fat** 5

% Daily Value\*

**Total Fat** 0.5g      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 40mg      **2%**

**Total Carbohydrate** 26g      **9%**

Dietary Fiber 5g      **20%**

Sugars 3g

**Protein** 7g

Vitamin A 50%      • Vitamin C 15%

Calcium 4%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*2 carbohydrate choices per serving.*