MEDITERRANEAN · LUNCH · DINNER

Creamy White Bean Salad

10 min · Serves 4 · 259 kcal a serve · Video 5:19 · Spain on a Fork

Vegetarian · Gluten-free ingredients · No nuts listed

About 9 g fibre and 17 g protein a serve, rich in vitamin K and folate and a good source of iron and vitamin C: rinsed white beans and crunchy vegetables in a light low-fat Greek yogurt and garlic dressing. For DASH, keep added salt to a pinch a serve.

Diet notes: Low saturated fat (1.1 g, 4% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 12 · SERVES 4

- [ ] 2 cans (440 g each) **white beans**, drained and rinsed
- [ ] 50 g chopped **red onion**
- [ ] 45 g chopped **English cucumber**
- [ ] 60 g chopped **red bell pepper**
- [ ] 40 g **canned corn kernels**, drained and rinsed
- [ ] 2 tbsp chopped **parsley**
- [ ] **Salt**: sea salt and black pepper, to taste
- [ ] 150 g **low-fat plain Greek yogurt**
- [ ] 2 **garlic** cloves, finely grated
- [ ] 2 tsp (10 ml) **lemon juice**
- [ ] 1 tbsp (15 ml) extra **virgin olive oil**
- [ ] **Salt**: a kiss of sea salt and black pepper (for the dressing)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Drain the beans into a colander, rinse them, shake off the water and tip them into a large bowl. 0:47
2. Add the red onion, cucumber, bell pepper, drained corn and parsley. 1:16
3. Season with salt and pepper and mix gently so the beans don't break. 1:49
4. For the dressing, grate the garlic into the yogurt and add the lemon juice and olive oil. 2:07
5. Season with a little salt and plenty of pepper and whisk until creamy; thin it with a splash of water if it's too thick. 2:39
6. Fold the dressing through the beans. Serve at room temperature or chilled; it keeps 3–4 days in the fridge. 3:03

Tip A plant-based yogurt makes it vegan.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
259 kcal 1,090 kJ	17 g 34% of a day	39 g 30 g net · 3.6 g sugars 14% of a day

FIBRE	FAT	SODIUM
9.1 g 32% of a day	4.8 g 1.1 g saturated 6% of a day	790 mg 35% of a day

Energy from net carbs 52% · protein 29% · fat 19%

High in (20%+ of a day) Vitamin K 35% · Folate 31% · Iron 29% · Vitamin C 28% · Magnesium 22% · Zinc 20%

Source of (10–19%) Potassium 19% · Vitamin B6 14% · Calcium 13% · Vitamin E 13% · Selenium 12% · Omega-3 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=hBdRB9F65pY. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/creamy-white-bean-salad-yogurt