

INGREDIENTS

Dressing	Salad
Lemon juice of 1 lemon	1 medium onion, chopped
50ml vinegar	1 green capsicum chopped
1 Tbsp olive oil	6 stalks celery, chopped
Ground black pepper	1 can corn, drained
	1 can lima beans, drained
	1 can kidney beans
	1 can pinto beans

METHOD

- Add chopped onions, capsicum and celery in a large salad bowl together with ALL drained beans.
- Prepare dressing – mix lemon juice, olive oil, vinegar and pepper together.
- Toss dressing over salad. Coat evenly. Place in refrigerator and turn periodically to mix before serving.

Nutrition Analysis by ALLRecipes (Serves 10)

Calories per serve (small bowl):	173
Total Fat	1g
Sodium	253mg
Carbohydrates	35 g
Dietary Fibre	5.7g
Protein	4.2g

Carbohydrate Exchange: 2

INGREDIENTS

350g firm tofu
 10ml Healthy Choice Symbol Oil
 1 stalk celery, finely chopped
 1 large egg, beaten
 2 slices low fat cheese
 Pepper to taste
 Crushed dried herbs (optional)

METHOD

- Saute onion & celery until soft and lightly browned. Place in a medium bowl and set aside.
- Finely chop tofu, remove excess water. Place in bowl together with onion & celery
- Mix in egg, cheese, pepper & herbs (optional) until thoroughly combined.
- Heat a large non-stick frying pan over medium heat. Add sufficient oil to lightly coat pan. Drop tofu mix into 6 equal portions. Flatten with spatula to form patties. Fry for 5 to 7 minutes on each side till golden brown.

Nutrition Info (Serves 6)

Calories per serve:	151
Total Fat	11g
Cholesterol	34mg
Sodium	71mg
Carbohydrates	4.1g
Dietary Fibre	1.7g
Protein	11.3g

Carbohydrate Exchange: <1 Nutrition Analysis Provided by AllRecipes

Easy Bean Salad



Tofu Patties

Photo credits:
Graca Victoria tofu

EASY BEAN SALAD

TOFU PATTIES