

ARCHIVED RECIPES

BEAN SALAD WITH YOGHURT HERB DRESSING (SERVES 2)**Ingredients:****Bean Salad**

1 slice Gardenia Nutri Multi-Grain Bread, cut into cubes
¼ cup canned Garbanzo beans (chickpeas), rinsed and drained
¼ cup red kidney beans, rinsed and drained
¼ cup corn kernels, rinsed and drained
Butter lettuce leaves

Yoghurt Herb Dressing

¼ cup plain yoghurt
2 tbsp coriander, chopped
Salt and black pepper to taste

**Cooking Method:**

1. Toast the Gardenia Nutri Multi-Grain Bread cubes in a toaster oven.
2. Mix 1½ tbsp of chopped coriander with plain yoghurt, and season with salt and black pepper.
3. Place the lettuce leaves in a bowl.
4. Add the beans and corn to the bowl and top with the toasted bread cubes.
5. Garnish with yoghurt herb dressing and the remaining ½ tbsp of chopped coriander.

Nutritional Information:

Energy : 150 kcals
Carbohydrate : 26g
Protein : 8g
Dietary Fibre : 5.2g
Total Fat : 1.6g
Sat. Fat : 0.3g
Calcium : 109mg