

## Mixed Bean Salad

Makes 3–4 lunch portions

### Base ingredients:

- 240 g mixed beans, drained (Fiamma Four Bean Salad: pinto, white kidney, chickpeas, red kidney)
- 70 g canned **tuna**, drained (Hagoromo シーチキン フレークタイプ)
- 80 g bell pepper or Japanese piman, small dice
- 100 g cucumber, seeded and diced
- 40 g frozen corn, thawed (optional)
- 15 g olives, sliced (optional)
- Protein substitutions (use same dressings):
  - **Shrimp**: 120 g cooked, chopped
  - **Chicken breast**: 120 g cooked, finely diced



### BASE INSTRUCTIONS

1. Combine **beans, protein, vegetables, corn, and olives** in a medium bowl.
2. Choose ONE dressing below.
3. Toss gently until evenly coated.
4. **Rest 15–30 minutes** before serving.
5. Store refrigerated up to 3–4 days.

### DRESSING OPTION 1: LIGHT VINEGAR–HERB

- 15 g olive oil (1 T)
- 15 g rice vinegar or sushi vinegar
- 0.6 g salt + MSG blend
- Black pepper, to taste
- 1 T chopped fresh parsley, dill, or chives

Whisk dressing ingredients and toss with salad base. Adjust seasoning after resting.

### DRESSING OPTION 2: MILD MEXICAN-STYLE

- 15 g olive oil (1 T)
- 10 g red wine vinegar
- 5 g lime juice
- ½ tsp ground cumin
- ¼ tsp Simply Organic chili powder (mild)
- ½ tsp grated garlic
- 0.5 g salt + MSG blend
- Black pepper, to taste
- Optional: ¼ tsp sriracha

Whisk dressing thoroughly and toss with salad base. Rest 20–30 minutes before serving.

## **NUTRITION (TUNA VERSION, APPROXIMATE)**

### **Whole salad:**

Kcal: 410 | Protein: 22 g | Fat: 22 g | Sat. Fat: 3 g | Carbs: 32 g | Sugars: 6 g |  
Fiber: 9 g | Sodium: ~650 mg | Omega-3: 0.25 g

### **Per serving (1/3 batch):**

Kcal: 135 | Protein: 7 g | Fat: 7 g | Carbs: 11 g | Fiber: 3 g | Sodium: ~215 mg |  
Omega-3: 0.08 g

### **NOTES**

- Designed for open-faced sandwich lunches.
- Improves after 24 hours.
- If salad dries slightly, add a few drops of vinegar or olive oil rather than salt.
- Sodium remains moderate due to pre-seasoned beans and tuna.