

Snack | Side | Lunch | Dinner

Three-Bean Salad

Side Effect: Altered Taste

25 Mins
Prep Time

0 Mins
Cook Time

10
Servings

174 Calories **6g Fat** **21g Carbs** **9g Protein**



Ingredients

10 Servings **25 Mins (plus 4 hour chill time) Total Time** **Allergens: None**

- 2 Cups Frozen Edamame (sweet soybeans)
- 1 Can (15 Oz) Kidney Beans, drained and rinsed
- 1 Can (15 Oz) Garbanzo Beans (chickpeas), drained and rinsed
- ½ Cup Red Onion, peeled, rinsed, and thinly sliced
- ½ Cup Fresh Cilantro, washed and chopped
- ¼ Cup Extra Virgin Olive Oil
- 1 Tsp Lime Zest, wash before zesting
- ¼ Cup Fresh Lime Juice, wash lime before juicing
- ½ Tsp Salt

Nourishment Note



Beans

Mild-tasting protein sources, such as beans (edamame, kidney, and garbanzo), are typically well-tolerated when experiencing taste changes. Beans are also a great source of lean-protein to help your body build new and healthy cells.



Lime Juice & Lime Zest

Citrus foods, such as limes, lemons, or oranges, can help add flavor to dishes when foods may taste bland.



Cold, Uncooked Foods

Cold foods that aren't cooked, such as salads, smoothies, yogurt and fruit, are typically well-tolerated in patients experiencing altered taste.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Prepare Edamame

Prepare edamame according to package instructions. Drain in colander with cold water.

3. Combine Beans, Onion, & Cilantro

In a large bowl, combine the edamame, kidney beans garbanzo beans, red onion and cilantro.

4. Whisk Together Dressing

In a small bowl, whisk together the olive oil, lime zest, lime juice, and salt.

5. Mix Dressing & Beans

Pour dressing over beans and mix to combine.

6. Chill & Serve

Refrigerate for a minimum of 4 hours, or overnight for maximum flavor. Stir salad before enjoying.

7. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: [Better Homes & Gardens](#)

What You'll Need



Cutting Board



Knife



Can Opener



Colander



Measuring Cups



Microplane/Zester



Large Mixing Bowl



Small Bowl



Whisk



Spoon

Fatigue Buster

- Lime Juice: Use bottled lime juice instead of squeezing your own.
- Onions: Look for pre-sliced onions in your local grocery store to save time chopping.
- Ask a friend or family member to help make this dish.