



BEANS *and* GARDEN GREENS SALAD

SHOPPING LIST

Makes 4-8 servings

Salad

2 cans chickpeas, drained and rinsed (14-15 oz)

1 can butter beans, drained and rinsed (14-15 oz)

1 cup snap peas, trimmed, cut on the diagonal into bite-sized pieces

½ cup sliced radishes

¼ cup minced shallot

¼ cup chopped fresh parsley

2 tbsp chopped fresh mint

Dressing

¼ cup extra virgin olive oil

3 tbsp apple cider vinegar

2 tsp Dijon mustard

1 tsp honey

Salt and pepper to taste

1 tsp freshly grated ginger

1 tsp honey

A bright, herb-forward dense bean salad for easy lunches, quick dinners, or ready-to-go sides throughout the week. Built with pantry-friendly canned beans and flavorful fresh herbs, it gets even better as it sits, all while adding fiber that supports digestion and helps you feel satisfied.

DIRECTIONS

- 1 Add prepared chickpeas, butter beans, snap peas, radishes, shallot, mint, and parsley into a large bowl.
- 2 Whisk dressing ingredients until smooth.
- 3 Toss salad with dressing until evenly coated.
- 4 Let sit for 30 minutes before serving for flavors to blend

Ways to Serve

- On its own or on a bed of leafy greens
- Alongside grilled fish, chicken, or tofu
- Toss with cooked grains for a heartier bowl
- Inside a pita with avocado for a handheld meal

CANNED VERSUS DRY

Canned Beans

Quick and convenient for everyday meals

Soft texture that absorbs dressings well

Rinse well to reduce excess sodium and improve digestibility

Dry beans

Slightly firmer texture when cooked from scratch

Great when you want more control over seasoning and doneness

Soaking before cooking may improve digestion for some people

WHY BEANS DESERVE A SPOT IN YOUR CART

*Fiber rich and
flavorful to keep you
full and satisfied*

Digestive Health:

Beans and legumes contain forms of carbohydrates that feed good gut bacteria for a healthy microbiome.

Lasting Energy:

The combination of fiber and plant-based protein helps slow digestion and supports steady energy levels.

Quick Guide to Beans

Butter Beans (lima beans):

Creamy and mild, great for salads and mash-like textures

Chickpeas: Firm and nutty, hold shape well in salads

Cannellini Beans: Soft and tender, ideal for soups and creamy blends

Black Beans: Earthy flavor, great in grain bowls and hearty salads

Kidney Beans: Firm and bold, excellent in chili and robust dishes

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*Make once,
enjoy all week!*



The
**BALANCED
BASKET**



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