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*BETTER
BOLDER
BEAN
SALADS!*
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BETTER BOLDER BEAN SALADS

These recipes bring fresh, crisp, summery life to that staple of the potluck circuit—three-bean salad. Take one to your next party and you'll be bringing home an empty dish.

BY KATIE WEBSTER
PHOTOGRAPHY BY LEIGH BEISCH



#CookTheCover

Share your photo of
Composed Bean Salad with
Basil Vinaigrette (page 69)
on Instagram.

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We'll share our favorites
online.

Super-Green Edamame Salad

ACTIVE: 20 MIN TOTAL: 20 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 1 day.

Avocado and spinach are blended right into the creamy, bright-green dressing. Pink beans are popular in the Caribbean—substitute pinto beans or light red kidney beans if you can't find them.

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| 2 12-ounce packages frozen shelled edamame, thawed | $\frac{1}{3}$ cup apple juice |
| 1 15-ounce can pink beans or pinto beans, rinsed | $\frac{1}{4}$ cup extra-virgin olive oil or avocado oil |
| 1 medium yellow bell pepper, finely diced | 3 tablespoons lemon juice |
| $\frac{1}{2}$ cup chopped fresh chives, plus more for garnish | 2 teaspoons reduced-sodium tamari or soy sauce |
| 2 cups packed baby spinach | $\frac{3}{4}$ teaspoon salt |
| 1 ripe avocado | $\frac{1}{4}$ teaspoon ground pepper |

Whisk bold flavors into your dressing, such as roasted garlic and tangy lemon juice. Beans are little sponges and absorb them like a champ.

1. Combine edamame, pink beans (or pinto beans), bell pepper and chives in a large bowl.

2. Combine spinach, avocado, apple juice, oil, lemon juice, tamari (or soy sauce), salt and pepper in a blender. Puree until smooth and creamy. Add the dressing to the bean mixture and stir to coat. Garnish with more chives, if desired. Serve at room temperature or cold.

SERVES 10: ABOUT $\frac{3}{4}$ CUP EACH

Calories 196, Fat 12g (sat 1g), Cholesterol 0mg, Carbs 15g, Total sugars 3g (added 0g), Protein 9g, Fiber 5g, Sodium 275mg, Potassium 526mg.

Canned beans are super-convenient, but making beans from scratch gives you the best texture and flavor. Learn how to make your own on page 93.

White Bean Salad with Cheddar, Bacon & Walnuts

ACTIVE: 50 MIN **TOTAL:** 1½ HRS

TO MAKE AHEAD: Cover and refrigerate for up to 1 day.

Roasted garlic adds rich flavor to the dressing, while crunchy bell pepper and walnuts balance the creamy white beans.

- 2 whole heads garlic
- 1 teaspoon extra-virgin olive oil plus ½ cup, divided
- 2 tablespoons plus 1 teaspoon cider vinegar
- 2 teaspoons Dijon mustard
- ¾ teaspoon chopped fresh thyme or ¼ teaspoon dried
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 3 15-ounce cans navy or great northern beans, rinsed
- 4 slices bacon, cooked and crumbled
- 1 medium orange bell pepper, finely diced
- ½ cup chopped celery
- ½ cup chopped toasted walnuts
- ½ cup chopped fresh parsley
- ½ cup shredded sharp Cheddar cheese

1. Preheat oven to 350°F.

2. Remove excess papery skin from garlic heads without separating the cloves. Slice the tips off, exposing the cloves. Place the heads on a piece of foil, drizzle with 1 teaspoon oil and wrap into a package. Roast until the garlic is very soft and starting to brown, 55 to 65 minutes. Carefully unwrap and let cool for 10 minutes.

3. Squeeze the garlic cloves into a food processor or blender. Add the remaining ½ cup oil, vinegar, mustard, thyme, salt and pepper. Puree until smooth.

4. Combine beans, bacon, bell pepper, celery, walnuts and parsley in a large bowl. Add the dressing and toss to coat. Add cheese and gently stir to combine. Serve at room temperature or cold.

SERVES 10: ABOUT ¾ CUP EACH

Calories 264, Fat 16g (sat 3g), Cholesterol 9mg, Carbs 22g, Total sugars 2g (added 0g), Protein 9g, Fiber 8g, Sodium 311mg, Potassium 133mg.



BETTER BOLDER BEAN SALADS

Better Three-Bean Salad

ACTIVE: 30 MIN **TOTAL:** 30 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 8 hours.

The classic three-bean salad gets a fresh spin with the addition of black soybeans, snap peas and a tarragon-infused dressing.

Find black soybeans near other canned beans—they're a sweeter, creamier relative of the green ones you're probably familiar with.

- 2 cups yellow wax beans (about 8 ounces),
trimmed, cut into 1½-inch pieces
- 2 cups sugar snap peas (about 6 ounces),
trimmed, halved if desired
- ½ cup extra-virgin olive oil
- 3 tablespoons white-wine vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 2 teaspoons chopped fresh tarragon
or ¾ teaspoon dried
- 1 teaspoon salt
- ½ teaspoon ground pepper
- 1 15-ounce can black soybeans or black beans, rinsed
- 1 15-ounce can chickpeas, rinsed
- 1 bunch scallions, very thinly sliced

1. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add wax beans and snap peas; cover and steam until crisp-tender, 4 to 5 minutes. Spread the vegetables out on a large baking sheet to cool.

2. Whisk oil, vinegar, mustard, honey, tarragon, salt and pepper in a large bowl. Add soybeans (or black beans), chickpeas, scallions and the cooled vegetables; toss to coat. Serve at room temperature or cold.

SERVES 10: ⅔ CUP EACH

Calories 189, Fat 12g (sat 2g), Cholesterol 0mg, Carbs 18g, Total sugars 3g (added 1g), Protein 4g, Fiber 5g, Sodium 338mg, Potassium 266mg.

Moroccan Kidney Bean
& Chickpea Salad

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**Adding texture
is key to creating
a great bean salad.
Crunchy vegetables,
nuts and fruit do the
trick deliciously.**

Apple & Ginger Lentil Salad

ACTIVE: 40 MIN **TOTAL:** 2 HRS 40 MIN

TO MAKE AHEAD: Prepare through Step 2, cover and refrigerate for up to 1 day.

Apples and sunflower seeds add great texture to this salad. The dressing gets a tangy jolt from lime juice and ginger. Cut the apples into the smallest dice you can to match the size of the tiny lentils and sunflower seeds. Enjoy any leftovers in a whole-wheat pita with some crumbled goat cheese.

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| 2 cups French green lentils
(see Tip, below) | 1¼ teaspoons salt |
| ½ cup extra-virgin olive oil | ¼ teaspoon ground pepper |
| ½ cup lime juice | 1 Granny Smith apple, finely diced |
| 2 teaspoons grated fresh ginger | ½ cup chopped fresh cilantro |
| 2 teaspoons honey | ½ cup toasted unsalted sunflower seeds |

1. Place lentils in a large saucepan and cover with 2 inches of cold water. Bring to a simmer over high heat. Reduce heat and simmer until the lentils are just tender, 22 to 25 minutes. Drain well.

2. Meanwhile, whisk oil, lime juice, ginger, honey, salt and pepper in a large bowl. Add the hot lentils and stir until well coated. Refrigerate until cold, about 2 hours or up to 1 day.

3. Just before serving, stir in apple, cilantro and sunflower seeds. Serve at room temperature or cold.

SERVES 10: ¾ CUP EACH

Calories 286, Fat 15g (sat 2g), Cholesterol 0mg, Carbs 28g, Total sugars 5g (added 1g), Protein 11g, Fiber 10g, Sodium 294mg, Potassium 481mg.

The Bountiful Benefits of Beans

Beans are brimming with B vitamins, manganese and phosphorus. They're also jam-packed with fiber—and boosting the fiber in your diet could help you slim down. In fact, in a recent study, published in the *Annals of Internal Medicine*, obese women who increased their fiber intake to 30 grams a day—but made no other changes to their diet or exercise—lost nearly 5 pounds over the course of a year. Even better: other research shows that eating beans could help you live longer—as little as 20 grams a day (about ⅓ to ¼ cup) is beneficial, but the more the better.

Go for French green lentils instead of brown for salads. They hold their shape better and cook more quickly. Look for green lentils in natural-foods stores and some supermarkets. Sort through them to check for small stones and rinse before using.