



Butter Bean Salad

Prep: 10 min.

Total: 1 hour 10 min. (incl. refrigerating)

- 1/4 cup GREY POUPON Hearty Spicy Brown Mustard
- 2 Tbsp. olive oil
- 1 Tbsp. lemon juice
- 1 can (15 oz.) butter beans, drained
- 1 red pepper, chopped
- 1/2 cup chopped red onions
- 1/3 cup chopped sun-dried tomatoes
- 1 pkg. (6 oz.) boiled ham, chopped
- 2 Tbsp. chopped cilantro

Mix mustard, oil and lemon juice until well blended; set aside.

Combine remaining ingredients in large bowl. Add mustard mixture; toss to coat. Cover.

Refrigerate at least 1 hour before serving.

Makes 8 servings, 1/2 cup each.

Nutrition Bonus:

Not only are the lima beans in this tasty side-dish salad a good source of fiber, but the red pepper is rich in both vitamins A and C.

Nutritional Information Per Serving:

120 calories, 5g total fat, 1g saturated fat, 10mg cholesterol, 420mg sodium, 12g carbohydrate, 4g dietary fiber, 3g sugars, 7g protein, 10% DV vitamin A, 50% DV vitamin C, 2% DV calcium, 10% DV iron.