

Carrot & Mixed Bean Salad with Tahini Dressing

10 ingredients · 15 minutes · 2 servings



Directions

1. In a jar, whisk together the tahini, maple syrup, vinegar, and water. Set aside.
2. Arrange the beans, celery, tomato, carrot, and avocado in a large salad bowl. Drizzle with the dressing and top with chives. Toss the salad before serving and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add salt and pepper to taste.

Ingredients

- 1/4 cup Tahini
- 2 tsps Maple Syrup
- 1 1/2 tsps Apple Cider Vinegar (to taste)
- 2 tsps Water
- 1 cup Mixed Beans (cooked)
- 1 stalk Celery (sliced)
- 2 Tomato (small, chopped)
- 1/2 Carrot (large, shredded)
- 1/2 Avocado (chopped)
- 2 2/3 tsps Chives (chopped, flowers optional)

Nutrition

Amount per serving

Calories	419	Calcium	196mg
Fat	24g	Iron	6mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	8g	Thiamine	0.6mg
Monounsaturated	11g	Riboflavin	0.4mg
Carbs	41g	Niacin	4mg
Fiber	14g	Vitamin B6	0.4mg
Sugar	6g	Folate	232µg
Protein	15g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	414mg

Sodium	114mg	Magnesium	97mg
Potassium	1097mg	Zinc	3mg
Vitamin A	4566IU	Selenium	12µg
Vitamin C	28mg		