



PREPARATION: 10 MINUTES | MARINATE: 12 HOURS | SERVINGS: 6

MIXED BEAN SALAD

INGREDIENTS

Salad

*1 can (448 g or 15.8 oz) chickpeas,
drained and rinsed*

*1 can (425 g or 15 oz) red beans,
drained and rinsed*

¼ cup red onion, thinly sliced

*¼ cup green onion (2 scallions),
diced*

1 cup red bell pepper, diced

½ cup celery, diced

Dressing

¼ cup white vinegar

*½ teaspoon minced garlic
(approx. 1 clove)*

½ cup granulated sugar

¼ teaspoon ground black pepper

PREPARATION

- 1** Drain and rinse the chickpeas and red beans.
- 2** In a large bowl, combine chickpeas, red beans, red onion, green onion, bell pepper, and celery.
- 3** In a small bowl, whisk together the vinegar, garlic, sugar, and black pepper.
- 4** Pour the dressing over the salad and mix until all ingredients are well coated.
- 5** Cover with plastic wrap and refrigerate overnight or for at least 12 hours.
- 6** Drain the salad to remove excess dressing before serving.

Note: *This salad can be kept in the refrigerator for a couple of days. Drain the liquid from the portion you are serving and return the rest to the refrigerator.*



MIXED BEAN SALAD



Nutrient Analysis

PER SERVING

% of recipe

Renal/Diabetic Exchanges:
 ½ Meat + 2 Starch + 1 Higher-Potassium Vegetable

Calories	184 kcal
Protein	7 g
Total Carbohydrate	36 g
Fiber	7 g
Sugars	16 g
Fat	2 g
Saturated	0 g
Cholesterol	0 mg
Sodium	166 mg
Potassium	380 mg
Phosphorus	133 mg
Calcium	45 mg

Diet Types

- ✓ CKD Non-Dialysis
- ✓ Dialysis/Diabetes
- ✓ Dialysis
- ✓ Transplant

PHOSPHORUS CHECK ✓

Cost effective plant-based eating

Plant-based protein is an important part of a diet for chronic kidney disease (CKD). In comparison to protein from meat, poultry, and fish, plant-based choices are often less expensive, lower in fat, and rich in fiber. While reading food labels is necessary to watch for sodium and additives, choosing healthy plant-based foods for people with CKD can add variety and be budget-friendly.

Beans also naturally contain phosphorus, however, because beans come from plants, only about 20 to 40% of the phosphorus is absorbed by the body. For example, a one-half cup serving of black beans contains roughly 120 milligrams of phosphorus, but the body absorbs approximately 48 milligrams or less from that portion. In comparison, this is much lower than the amount of phosphorus absorbed from meat or phosphate additives. Knowing this, beans can easily be part of a healthy CKD diet.

Many different recipes use beans as a high-protein, flavorful ingredient. Using the right portion can help support CKD diet goals for sodium, potassium, protein, and phosphorus. Try adding a small amount of black beans to a taco salad or a burrito. Dip fresh vegetables in hummus made from garbanzo beans. Replace sausage or ground meat with low-sodium kidney beans. Top a green salad with an ounce of edamame (soybeans).

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