

Carrot & Mixed Bean Salad with Tahini Dressing

10 ingredients · 15 minutes · 4 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

- 120 grams** Tahini
- 27 grams** Maple Syrup
- 44 milliliters** Apple Cider Vinegar (to taste)
- 59 milliliters** Water
- 354 grams** Mixed Beans (cooked)
- 2 stalks** Celery (sliced)
- 4** Tomato (small, chopped)
- 1** Carrot (large, shredded)
- 1** Avocado (chopped)
- 16 grams** Chives (chopped, flowers optional)

Nutrition

Amount per serving

Calories	419	Vitamin D	0IU
Fat	24g	Vitamin E	1mg
Carbs	41g	Vitamin K	34µg
Fiber	14g	Thiamine	0.6mg
Sugar	6g	Riboflavin	0.4mg
Protein	15g	Niacin	4mg
Cholesterol	0mg	Vitamin B6	0.4mg
Sodium	114mg	Folate	232µg
Potassium	1097mg	Vitamin B12	0µg
Vitamin A	4566IU	Phosphorous	414mg
Vitamin C	28mg	Magnesium	97mg

Calcium	196mg	Zinc	3mg
Iron	6mg	Selenium	12µg