

Chilly Bean Salad 6 servings/ 159 cal, 6gm fat

¼ cup mayonnaise

2 tablespoons lemon juice

¾ teaspoon chili powder

¼ teaspoon each: garlic powder and pepper

2 cans (15oz) beans (kidney, red, or black), rinsed and drained

4 carrots, sliced

1 cup low fat cheese, cubed

¼ cup red or green pepper, chopped

¼ cup onion sliced

4 ounces (canned or fresh) green chili peppers

1. Stir together mayonnaise, lemon juice, chili powder, garlic powder and pepper.
2. In a bowl, mix together carrots, peppers, onions, chili peppers, beans and cheese.
3. Stir dressing into bean mixture. Cover and chill in the refrigerator.