

# CHICK PEA-RED BEAN AND PINEAPPLE SALAD



Time  
15min



Servings  
2

Calcium Recommended Daily Intake  
10.00%

Calories

**280**

Calcium

**102mg**

Protein

**10g**

Vitamin D

**0.00 IU**

## Ingredients

- 1 small head of lettuce (or equivalent of another green salad as preferred)
- 1 large red onion
- 4 slices of pineapple or equivalent in pineapple chunks
- ½ can (ca 140 g) red kidney beans
- 1 can (ca 259 g) chick peas
- 1 tbsp Herbs de Provence
- 2 tbsp mustard
- 3 tbsp red wine vinegar
- 6 tbsp olive oil
- Salt and pepper to taste

## Instructions

1. Dice onion finely.
2. Cut pineapple into small chunks.
3. Rinse beans and chick peas, drain well.
4. Mix all above ingredients in large bowl.
5. For salad sauce: mix herbs de Provence, oil, mustard, vinegar, salt and pepper. Pour on bean mix.
6. Wash salad, dry, and chop into bite size pieces.
7. Arrange salad on individual salad plates and top with bean mixture. Drizzle with additional olive oil or salad sauce if desired.