

## Tomato Bean Salad

1 can 4-bean mix, drained  
1 can chick peas, drained  
1 tin whole kernel sweet corn, drained  
3 Tbsp chopped mint  
4 spring onions, thinly sliced  
½ Lebanese cucumber, diced  
1 punnet of cherry tomatoes, halved  
1 Tbsp toasted sesame seeds

### Dressing

2 Tbsp lemon juice  
2 tspn sesame oil (or canola oil)  
1 tspn sugar  
1 tspn garlic  
½ tspn salt

Place all salad ingredients together in a bowl, mix with dressing and serve.  
To make dressing, place all ingredients together in a screw top jar and shake.

### Health Habits:

- Basing salad around legumes – they are rich in protein, fibre, vitamins, minerals and phytochemicals
- Using a variety of different coloured vegetables – adds variety of nutrients and antioxidants
- Keeping the fat in the dressing low – lowers the kilojoules