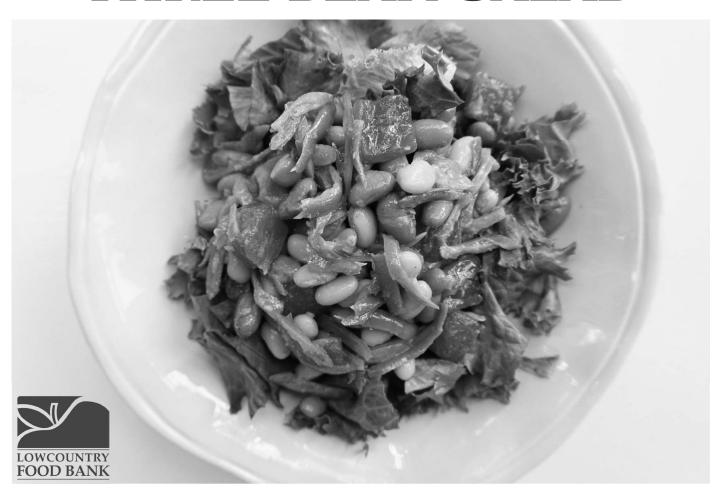
# THREE BEAN SALAD



**INGREDIENTS** Serves: 5 | Serving Size: 1 cup



no salt added green beans 1 cup



no salt added diced tomatoes 1 cup



**canola oil** 1 tablespoon



red wine vinegar 1 tablespoon



**Dijon mustard** 2 teaspoons



**lettuce** 1 head



no salt added pinto beans 1 cup



granulated sugar 1/4 teaspoon



no salt added great northern beans 1 cup

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# **INSTRUCTIONS**

#### 1. PREP CANNED VEGETABLES



Drain and rinse all beans. Drain tomatoes.

#### 3. MAKE SALAD DRESSING



Prepare the salad dressing in a large bowl by whisking together the oil, vinegar, mustard, and sugar.

## 5. REFRIGERATE



Place inside the refrigerator for 20+ minutes to marinate.

#### 2. PREPARE LETTUCE



Rinse lettuce and pat dry. Chop into bite sized pieces.

#### 4. PREPARE FILLING



Add beans and tomatoes to the large bowl and mix well.

#### **6. PLACE OVER LETTUCE**



Serve over chopped lettuce.

# **NUTRITION INFORMATION**

Calories: 150 Total Carbohydrate: 23g Protein: 6g

Total Fat: 3.5g Dietary Fiber: 8g Sodium: 160mg

### LOWCOUNTRY FOOD BANK

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