

# THREE BEAN SALAD



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

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**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.

## 2. PREPARE LETTUCE



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

## 3. MAKE SALAD DRESSING



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

## 4. PREPARE FILLING



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

## 5. REFRIGERATE



Place inside the refrigerator for 20+ minutes to marinate.

## 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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