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.

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.

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

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This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP. This Institution is an equal opportunity provider.