

CONFETTI BEAN SALAD



INGREDIENTS Serves: 14 | Serving Size: 1/2 cup



**canned
garbanzo beans**
1 - 15 oz can,
rinsed/drained



**canned black
beans**
1 - 15 oz can,
rinsed/drained



**canned kidney
beans**
1 - 15 oz can,
rinsed/drained



red onion
1/2 cup, diced



bell peppers, any color
1-2 cups, diced



oil
2 tablespoons



vinegar (red wine or balsamic)
2 tablespoons



dijon mustard
4 teaspoons



granulated sugar
1/2 teaspoon

INSTRUCTIONS

1. PREPARE DRESSING



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

2. DRAIN & RINSE BEANS



Drain and rinse all the beans.

3. DICE VEGETABLES



Dice onion and bell peppers.

4. ADD REMAINING INGREDIENTS



Add peppers, onion, and beans to the large bowl with dressing and mix well. Marinate in the refrigerator for 30 minutes, or until ready to eat.

CHEF NOTES

- 1/4 cup Balsamic vinaigrette dressing would work in place of dressing above.
- Cherry tomatoes cut in half are a nice addition
- Salt, pepper to taste

NUTRITION INFORMATION

Calories: 130	Total Carbohydrate: 19g	Protein: 6g
Total Fat: 3.5g	Dietary Fiber: 6g	Sodium: 170mg

LOWCOUNTRY FOOD BANK

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