

# 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

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