

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

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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