

Marinated Bean Salad

Serves 6

Ingredients:

- ½ cup chopped celery
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 1 can green beans, drained (15 oz.)
- 1 can wax beans, drained (15 oz.)
- 1 can kidney beans, drained, rinsed and drained again (15 oz.)

For Dressing:

- ¼ cup vegetable oil
- ¼ cup vinegar
- ¼ cup sugar
- ½ teaspoon dry mustard
- ½ teaspoon salt

Directions:

1. In a large mixing bowl or serving bowl, add all ingredients except dressing ingredients (celery through kidney beans).
2. In a small bowl, add all ingredients for dressing (vegetable oil through salt) and beat together until well mixed.
3. Pour dressing over bean mixture and refrigerate.
4. Refrigerate for 4 to 24 hours.

Nutritional Facts: each ½ cup serving: 110 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 610 mg sodium, 21 g carbohydrate, 7 g protein, 8 g fiber.

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