

3-Bean Salad

Makes: 6 (1 cup) servings
Preparation Time: 10-12 minutes
Chilling Time: overnight (optional)

Ingredients:

- 1 (15-ounce) can green beans, drained
- 1 (15-ounce) can pinto or garbanzo beans, drained
- 1 (15-ounce) can red kidney beans, drained
- ½ cup green peppers, chopped
- 2 teaspoons sugar
- 6 tablespoons vinegar
- 3 tablespoons vegetable oil
- ¼ teaspoon salt (optional)
- ¼ teaspoon pepper

Nutrition Facts

Serving Size 1 cup (248g)
Servings Per Container 6

Amount Per Serving

Calories 210 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 580mg **24%**

Total Carbohydrate 27g **9%**

Dietary Fiber 10g **40%**

Sugars 4g

Protein 8g

Directions:

1. In a medium bowl, mix green beans, pinto or garbanzo beans, kidney beans, and green peppers.
2. In a separate bowl, mix the vinegar, oil, sugar, salt, and pepper.
3. Pour the vinegar mixture over the beans and toss together.
4. Serve immediately or chill overnight for better flavor.
5. Refrigerate leftovers.

Be Creative!

Try adding onions or other vegetables.

Eat Smart: Vary Your Veggies!



Materials provided by the University of Arkansas Division of Agriculture Cooperative Extension Service

University of Arkansas, United States Department of Agriculture, County Governments Cooperating
The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.