

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Rainbow Veggie Salad *(Makes about 10 servings.)*

Ingredients

- 1 can (15-oz.) low-sodium black beans, drained and rinsed
- 1 can (15-oz.) low-sodium red kidney beans, drained and rinsed
- 3 carrots, scrubbed and sliced
- 1 small yellow squash, washed and sliced
- 1 small green squash, washed and sliced
- ½ c. light Italian dressing
- ½ tsp. black pepper

Directions:

1. Mix all the vegetables together in a large bowl.
2. Pour dressing over the vegetables
3. Sprinkle with pepper.
4. Stir gently, coating all vegetables.
5. Cover and refrigerate at least 8 hours.

TIP: Serve with fresh vegetable sticks or low-fat tortilla chips.

Nutrition info: Serving size: 2/3 cup, Calories: 100, Total Fat: 5 g, Saturated Fat: 3 g, Cholesterol: 15 mg, Sodium: 190 mg, Total Carbohydrate: 6 g, Dietary Fiber: 1 g, Sugars: 2 g, Protein: 7 g. *Recipe adapted from Maryland FSNE 2009 Recipe Calendar.*

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