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
- 1/2 c. light Italian dressing
- 1/2 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.