



Three Bean Salad

1 cup Cooked, cut green beans (frozen or fresh)
3/4 cup Chickpeas (drained and rinsed)
3/4 cup Kidney beans (drained and rinsed)
1/4 cup Finely chopped red onions
1 1/2 tbs. Canola oil
1 tbs. Cider vinegar
1 clove Garlic, minced
1/4 tsp. Salt
Pepper to taste

Makes 3 servings

- In large bowl, toss together green beans, chickpeas, kidney beans and onions.
- In small bowl, combine remaining ingredients. Pour dressing over salad and toss to combine. Serve chilled

Nutritional Information:

Calories: 204	Total Fat: 8.19g
Saturated Fat: 0.65g	Cholesterol: 0.0mg
Protein: 8.30g	Carbohydrate: 26.11g
Total Fiber: 6.95g	