

# Three Bean Salad

## Ingredients:

- 8 ounce can cut wax or lima beans
- 8 ounce can of cut green beans
- 15 ounce can red kidney beans, drained
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1/2 cup chopped celery
- 1/2 cup vinegar
- 3 tablespoons vegetable oil
- 3 tablespoons sugar or substitute sweetener\*
- 1 teaspoon celery seed
- 1 clove garlic, minced



## Preparation:

1. Combine the wax or lima beans, kidney beans, onion, green pepper, and celery
2. For the dressing, combine in screw-top jar the vinegar, oil, sugar, celery seed, and garlic. Cover and shake well.
3. Add the vegetables; stir lightly.
4. Cover and chill for 4 to 24 hours, stirring often. May be kept cold in the refrigerator for four to five days.

\*Check the package for the correct amount to use.

Makes six 1 cup servings

Amount Per Serving	
Calories	150
Calories from Fat 63	
% Daily Values*	
Total Fat	6g 9%
Saturated Fat	1g 5%
Cholesterol	0mg 0%
Sodium	332mg 14%
Total Carbohydrate	20g 9%
Dietary Fiber	4g 16%
Sugars	11g
Protein	5g
Vitamin A	4%
Vitamin C	25%
Calcium	2%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4