



EATING SMART  
BEING ACTIVE

## 3-Bean Salad



Makes: 6 servings (1 cup per serving)

Preparation Time: 6 to 10 minutes

### **Ingredients**

- 1 (14.5 ounce) can green beans, drained and rinsed
- 1 (15 ounce) can pinto or garbanzo beans, drained and rinsed
- 1 (15 ounce) can kidney beans, drained and rinsed
- ½ green pepper, chopped
- 2 teaspoons sugar
- 6 tablespoons apple cider vinegar
- 3 tablespoons vegetable oil
- ¼ teaspoon black pepper
- ¼ teaspoon salt (optional)

### **Directions**

1. Before starting to prepare the recipe:
  - a. Wash the green pepper.
  - b. Collect, chop, and measure all ingredients.
2. Mix the green beans, pinto or garbanzo beans, kidney beans, and green pepper in a large bowl.
3. In a small bowl, mix the sugar, vinegar, oil, and black pepper. Pour the liquid mixture over the beans and green pepper, and toss together.
4. Taste, and add salt if desired.
5. Serve immediately, or chill overnight for even better flavor.
6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.



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**Be creative!** Try adding minced onions, other vegetables, or cooked pasta.

| <b>Nutrition Facts</b>  |                     |
|---|---------------------|
| 6 servings per container  |                     |
| <b>Serving size</b>   | <b>1 Cup (237g)</b> |
| <b>Amount Per Serving</b>   |                     |
| <b>Calories</b>   | <b>250</b>          |
| <small>% Daily Value*</small>   |                     |
| <b>Total Fat</b> 8g   | <b>10%</b>          |
| Saturated Fat 1g  | <b>5%</b>           |
| Trans Fat 0g  |                     |
| <b>Cholesterol</b> 0mg  | <b>0%</b>           |
| <b>Sodium</b> 180mg   | <b>8%</b>           |
| <b>Total Carbohydrate</b> 36g   | <b>13%</b>          |
| Dietary Fiber 11g   | <b>39%</b>          |
| Total Sugars 5g   |                     |
| Includes 1g Added Sugars  | <b>2%</b>           |
| <b>Protein</b> 11g  | <b>22%</b>          |
| Vitamin D 0mcg  | 0%                  |
| Calcium 104mg   | 8%                  |
| Iron 3mg  | 15%                 |
| Potassium 799mg   | 15%                 |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |                     |



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