

Pinto Bean Salad

Just Say Yes to Fruits and Vegetables

Who knew beans and apples were such a great combination?



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Serves 12 • Serving: ½ cup

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Vegetables

Pinto beans are a great source of healthy protein!

Ingredients:

- 2 cups cooked pinto beans
- 2 cored and chopped apples
- ¼ cup finely chopped celery
- ¼ cup diced green chilies
- 1½ tablespoons cider vinegar
- 1½ tablespoons vegetable oil
- ½ teaspoon onion powder
- ⅛ teaspoon hot sauce (optional)
- Salt and pepper, to taste

Directions:

1. Make the salad: in a medium bowl, mix together beans, apples, celery, and green chilies.
2. Make the dressing: in a small bowl, combine vinegar, vegetable oil, onion powder, and hot sauce. Mix well.
3. Pour dressing over the salad and toss.
4. Cover and refrigerate for 30 minutes before serving.
5. Serve and enjoy!
6. Refrigerate leftovers.