

Three Bean Salad

Just Say Yes to Fruits and Vegetables

After trying this salad, you will wonder where it has BEAN all your life!



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Serves 8 • Serving: 1 cup

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To prepare fresh green beans, rinse and remove ends before eating!

Ingredients:

- 1¾ cups cooked green beans
- 1¾ cups cooked kidney beans
- 1¾ cups cooked chickpeas (garbanzo beans)
- 1 chopped onion
- 3 tablespoons red or white vinegar
- 3 tablespoons vegetable oil
- 3 tablespoons sugar
- 1 minced garlic clove (optional)

Directions:

1. Make the salad: Put the beans and onion in a large bowl.
2. Make the dressing: In a small bowl, combine vinegar, oil, sugar, and garlic. Mix well.
3. Pour the dressing over the salad and toss together.
4. Cover and refrigerate.
5. Serve cold and enjoy!
6. Refrigerate leftovers.