



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 red 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. Wash hands with soap and water.
2. Before starting to prepare the recipe:
 - a. Wash the green pepper under cold running water.
 - b. Collect, chop, and measure all ingredients.
 - c. Open, drain, and rinse the beans.
3. Mix green beans, pinto or garbanzo beans, kidney beans, and green pepper in a large bowl.
4. 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.
5. Taste, and add salt if desired.
6. Serve immediately, or chill overnight for even better flavor.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

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

Nutrition Facts	
6 servings per container	
Serving size	1 Cup (237g)
Amount Per Serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 36g	13%
Dietary Fiber 11g	39%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 3mg	15%
Potassium 799mg	15%

*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.