

# THREE BEAN SALAD

## INGREDIENTS

- 1 (15 oz) can of **kidney beans**
- 1 (15 oz) can of **garbanzo beans (chickpeas)**
- 1 (15 oz) can of **green beans**
- ¼ cup **sugar**
- ⅔ cup **apple cider vinegar**
- ½ teaspoon **salt**
- Optional: 1 clove **garlic**, crushed
- 1 small **sweet onion**
- 1 medium **carrot**

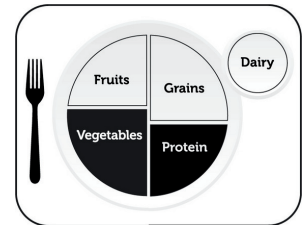
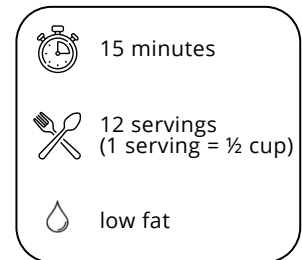
## DIRECTIONS

Always practice food safety when cooking.

- 1) Rinse and drain the kidney, garbanzo, and green beans. Set aside.
- 2) Add the sugar, vinegar, salt, and garlic (optional) to a small bowl and mix until the sugar dissolves. Set aside.
- 3) Cut onion into thin ¼ inch slices. Set aside.
- 4) Cut carrot into thin ⅛ inch strips, like matchsticks.
- 5) In a large bowl, mix the sliced onion and carrot strips with the beans.
- 6) Pour sugar-vinegar mixture over the bean mixture and stir thoroughly.

## NOTES

- For best flavor, refrigerate for at least 2 hours before serving.
- Other beans, such as pinto beans, cannellini beans, and gandule beans (pigeon peas) can be used.
- Dry beans may be used for less sodium. See “Beans” (page 9) in the “Food Basics” section for instructions on the preparation of dry beans.
- Red, white, and sweet onions are good onions to serve raw, as they have a mellow flavor. If you only have yellow onions on hand, soak the chopped onion in ice cold water for about 30 minutes, then drain before using.
- White wine vinegar or rice wine vinegar can be used in place of the apple cider vinegar.



Nutrition Facts	
12 servings per container	
Serving size 1/2 cup (152g)	
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 25g	9%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 4g Added Sugars	8%
<b>Protein 6g</b>	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 1mg	6%
Potassium 230mg	4%

\*The % Daily Value 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.