



Three-Bean Salad

Recipe Source: Better Homes and Gardens New Cookbook

Serves 6

Ingredients:

1 (15 oz) can EACH low-sodium cut green beans, garbanzo beans, and red kidney beans, rinsed and drained
½ cup chopped red or green sweet pepper
½ cup chopped red onion
½ cup chopped celery
¼ cup cider vinegar or white vinegar
2 Tbsp canola oil
½ tsp celery seeds
½ tsp dry mustard
1 clove garlic, minced
Salt and black pepper

Steps:

- In a large bowl, combine green beans, garbanzo beans, kidney beans, sweet pepper, onion, and celery.
- In a small glass measuring cup, combine vinegar and oil with celery seeds, mustard, and garlic. Pour over vegetables and stir lightly. Season to taste with salt and black pepper.
- Cover and chill at least 4 hours or up to 24, stirring occasionally. Serve with a slotted spoon.

Tips from the Test Kitchen: You can vary the types of beans you use in this recipe. Try lima beans (frozen then thawed), wax beans, white beans, or butter beans. This salad is also delicious served on a bed of leaf spinach.