



Three Bean Salad

Recipe Source: Emily

Servings: 6

This is a yummy salad that is super easy to make with most ingredients ready to go in the pantry. You can add spinach, cottage cheese, avocados and green peppers to make it a substantial, satisfying meal.

Ingredients:

- 1 can kidney beans
- 1 can green beans
- 1 can garbanzo beans
- 1 red onion
- ¼ cup red wine vinegar
- ¼ cup canola oil
- 4 tbs sugar
- 1 teaspoon salt
- 1 teaspoon pepper

Steps:

- Open and rinse all the beans and place in medium size bowl.
- Dice red onion and add to bean mixture
- Pour in oil, vinegar, sugar, salt pepper and the stir well to combine.

Nutritional Facts (Per Serving): Calories: 275 Carbohydrates: 36 grams, Protein: 9 grams, Total Fat: 11 grams, Saturated Fat: 1 gram, Cholesterol: 0 mg, Sodium: 901 mg, Fiber: 8 grams, Total Sugars: 12 grams.