

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Three Bean Salad

Makes 6 (3/4-cup) servings

Ingredients:

1 pound bag frozen cut green beans, thawed **or** 2 cans cut green beans, drained
1 (15-ounce) can kidney beans, drained and rinsed
1 (15-ounce) can chick peas, drained and rinsed
1 large green pepper **or** red bell pepper, seeded, diced
¼ cup diced onion

Dressing:

1/3 cup cider vinegar
¼ cup canola oil
1 clove garlic, minced (or 1 tsp chopped garlic, or ½ tsp powdered garlic)
1 tablespoon sugar
1 teaspoon Worcestershire sauce
¼ tsp salt
¼ tsp pepper

Directions:

Mix all ingredients in a large bowl. Pour dressing over and toss. Refrigerate for at least 2 hours.

Recipe Note: For fresh green beans, steam until al dente, then run under cold water.

Nutritional Information per 3/4 cup serving:

Calories: 138	Carbohydrates: 13g
Total Fat: 5 g	Cholesterol: 0 mg
Saturated Fat: 0 g	Dietary Fiber: 5 g
Sodium: 132 mg	Protein: 3 g