

Eat Smart • Move More

3 Bean Salad

Prep Time: 10 minutes

Total Time: 15 minutes



Ingredients

- 15 ounces canned low-sodium pinto beans, drained and rinsed
- 15 ounces canned low-sodium kidney beans, drained and rinsed
- 14 ½ ounces canned low-sodium green beans, drained and rinsed
- ½ bell pepper, chopped
- 6 tablespoons vinegar
- 3 tablespoons canola oil
- 2 teaspoons sugar
- ¼ teaspoon ground black pepper

Directions

- Mix the pinto beans, kidney beans, green beans, and bell pepper in a mixing bowl.
- In a separate bowl, mix the sugar, vinegar, canola oil, and black pepper. Pour the liquid mixture over the bean and pepper mixture. Toss together.
- Serve immediately or chill overnight for even better flavor.

Nutrition Facts

6 servings per container	
Serving size	1 serving (243.36g)
Amount per serving	
Calories 200	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 1g of Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 3mg	15%
Potassium 472mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Refrigerate leftovers within 2 hours of use.
- ▶ Serve over whole-wheat pasta.
- ▶ Add dried basil for extra flavor.
- ▶ Rinse and drained canned veggies and beans to reduce up to 40% of sodium.

Follow us | Like us



www.eatsmart.ext.vt.edu

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe adapted from Washington State WIC Program, as listed at: <https://www.whatscooking.fns.usda.gov>.)

www.eatsmart.ext.vt.edu