

# Eat Smart • Move More

## 3 Bean Salad

**Prep Time:** 10 minutes

**Total Time:** 15 minutes



### Ingredients

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

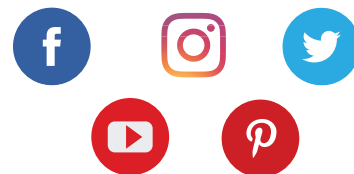
### Nutrition Facts

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

### 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.

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

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