



Anna Jones, MS, RD, LD

Three Bean Salad

Ingredients:

15 oz. can black beans, drained and rinsed
15 oz. can red beans, drained and rinsed
15 oz. can garbanzo beans, drained and rinsed
2 cups frozen or fresh whole kernel corn
1 cup onion, chopped
1 red or green pepper, chopped
1 teaspoon garlic, minced

Dressing:

1/3 cup olive oil
1/3 cup balsamic vinegar
Cilantro, from tube to taste (I used about 1 Tablespoon - you could also use fresh)
Salt and pepper to taste - I used about 1/2 a teaspoon
Juice of 1/2 a lemon or lime

Directions:

Mix all ingredients together. Add dressing and stir well to combine. Chill overnight.

Makes 11 (1/2 cup) servings

Nutrition Information:

Calories: 184 Fat: 8 g Saturated Fat: 1 g Cholesterol: 0 mg
Sodium: 273 mg Carbohydrate: 26 g Fiber: 5 g Protein: 7 g