

## Marinated three-bean salad



Recipe credit

Adapted from the United States Department of Agriculture

### **About this recipe**

Serves

4

Serving size

1 1/3 cup

Time to make

15 minutes preparation; 1 hour or more wait time

Special criteria

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## Ingredients

- 8-ounce can lima beans\*
- 1 cup fresh green beans or 8-ounce can cut green beans\*
- 8-ounce can red kidney beans\*
- 1 medium onion
- 1/2 cup sweet green bell pepper, chopped
- 8 ounces fat-free Italian salad dressing

*\*If you cannot find an 8-ounce can, use 1/2 of a 15-ounce can.*

## Directions

1. Drain the canned beans.
2. Peel and thinly slice the onion and separate into rings.
3. In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and green bell pepper.
4. Pour the Italian dressing over the vegetables and toss lightly.
5. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator overnight.
6. Drain before serving.

## Tips and variations

- This is a great recipe to make with your children. Older children can chop the vegetables while younger children can empty the cans and mix the salad.
- Substitute other canned beans or sweet pepper if needed. It won't affect the flavor very much.
- Use low-sodium canned beans to reduce the sodium.

## Nutritional info

Calories

170

Total fat

0 g

Saturated fat

0g

Cholesterol

0 mg

Sodium

690 mg

Total carbohydrates

35 g

Dietary fiber

8 g

Protein

7 g

Total sugar

10 g

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