



THREE BEAN SALAD



This easy to make salad is full of soluble fiber which can help lower your cholesterol level. You can add more vegetables if desired or change the flavor of salad dressing if desired.

PREPARATION TIME: 20 minutes

COOK TIME: 0 minutes

TOTAL: 20 minutes

SERVINGS: 6

INGREDIENTS:

- 1 (15 oz) can of low sodium dark red kidney beans, rinsed & drained
- 1 (15 oz) can low sodium black beans, rinsed & drained
- 1 (15 oz) can garbanzo beans low sodium, rinsed & drained
- ½ medium green bell pepper, diced
- ½ cup diced red onion
- ¼ cup chopped cilantro
- ¼ cup of Italian salad dressing

NUTRITION FACTS:

PER SERVING

291 calories; 16g protein; 5g fat; 0g sat fat, 47g carbohydrates; 15g fiber with 4g soluble fiber, 0 cholesterol, 300mg sodium

DIRECTIONS:

STEP 1

Combine the beans, green pepper, red onion and cilantro in a large bowl.

STEP 2

Pour ¼ cup of Italian dressing over the bean mixture and toss gently. Enjoy!

STEP 3

Store in the refrigerator in an airtight container. Will keep for a week refrigerated.

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