

3 BEAN SALAD

Prep Time: 10 minutes

**No cook time necessary*

Included in Box:

- 1 (15 oz) can no salt kidney beans, drained and rinsed
- 1 (15 oz) can garbanzo beans, drained and rinsed
- 1 (15 oz) can no salt green beans, drained and rinsed

Additional Ingredients Needed:

- 1 small onion (-½ c.), diced
- ¼ c. oil (preferably olive oil)
- 2 T lemon juice
- 2 tsp dried parsley
- 1 tsp garlic powder

Directions:

1. Combine beans and onion in large bowl.
2. In a separate bowl, combine and whisk oil, parsley and garlic powder together.
3. Pour oil mixture over beans in large bowl; stir until well combined.



Nutrition Facts*

Total Servings: 12
Serving Size: ½ c.
Calories: 132 kcal
Fat: 5.5 g
Sodium: 125 mg
Carbohydrates: 16 g
Fiber: 5 g
Protein: 5 g
Carbohydrate Servings: 1

**Nutrient facts include canned 50% less sodium kidney beans, canned garbanzo beans (drained and rinsed), canned no salt added cut green beans, extra virgin olive oil, small white onion, fresh lemon juice, and seasonings.*