

Bean Salad

Ingredients (makes 14 servings, serving size: 1/2 cup)

- 1 (15 ounce can) Cut green beans, drained
- 1 (15 ounce can) Garbanzo beans, drained
- 1 (15 ounce can) Pinto or kidney beans, drained
- 1 (15 ounce can) Black beans, drained
- 1/4 cup Light Italian dressing

Directions

1. Mix the beans in a medium bowl.
2. Add Italian dressing and toss until beans are coated.
3. Serve immediately or chill and serve cold.

Nutrition Information- Per serving

Calories	146	Total Sugars	1g	Sodium	350mg
Protein	8g	Total Fat	2g	Cholesterol	0mg
Carbohydrate	24g	Saturated Fat	.3g	Fiber	7g



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