

# Three-Bean Salad



**SERVING SIZE: 4**

**PREP/COOK TIME: 1 HOUR 10 MINUTES**

## INGREDIENTS

- 1/2 can cannellini beans (or pinto beans), low-sodium
- 1/2 can cut green beans, low-sodium
- 1/2 can red kidney beans, low-sodium
- 1 onion (medium, chopped)
- 1/2 cup celery, chopped
- 8 ounces Italian salad dressing (fat-free)

## DIRECTIONS

1. Drain and rinse the canned beans.
2. Peel and chop the onion.
3. In a large bowl, combine the beans, green beans, onion, and celery.
4. Pour the Italian salad 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.

Source:

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/marinated-three-bean-salad>

Adapted from U.S. Department of Agriculture, Supplemental Nutrition Assistance Program. This material was funded by the USDA Supplemental Nutrition Assistance Program - SNAP. USDA does not endorse any products, services, or organizations.

Provided by Food Bank of Delaware.

This institution is an equal opportunity provider.