

## Triple Bean Salad

This salad was inspired by a dish served in a small sandwich shop. It can be served as a side dish or over a bed of lettuce as a light lunch."

### Yield:

12 servings (serving size: 1/2 cup)



## Ingredients

### Ingredient Checklist

- 1/2 cup chopped green onions
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1 (15.5-ounce) can garbanzo beans, drained
- 1 (15.5-ounce) can kidney beans, drained
- 1 (15.5-ounce) can black beans, drained and rinsed
- 3 tablespoons red wine vinegar
- 2 tablespoons olive oil

- 1 teaspoon freshly ground black pepper
- 1 teaspoon lemon juice
- 1/2 teaspoon salt

## Directions

### Instructions Checklist

### Step 1

Combine first 6 ingredients in a large bowl. Whisk together vinegar, oil, pepper, juice, and salt; pour over bean mixture, stirring to coat. Cover and chill.

## Nutrition Facts

### Per Serving:

128 calories; calories from fat 30%; fat 4.2g; saturated fat 0.3g; mono fat 1.7g; poly fat 0.2g; protein 5.8g; carbohydrates 20.8g; fiber 6.3g; cholesterol 0mg; iron 1.6mg; sodium 321mg; calcium 34mg.