



Three Bean Salad

Quick Meal Card: Lunch

Ingredients

- 2 tablespoons balsamic or cider vinegar
- ¼ cup extra-virgin olive oil
- ¼ teaspoon dijon mustard
- Salt and freshly ground black pepper (to taste)
- 1/2 can (8 oz) green beans, drained and rinsed
- 1/2 can (8 oz) wax (yellow) beans, drained and rinsed
- 1 can (15 ounces) red kidney beans, drained and rinsed
- 1 small red onion, diced
- 1 large red bell pepper, seeded and diced

Directions

1. Combine the vinegar, olive oil, mustard, salt and pepper in a large bowl and whisk until smooth. Set aside.
2. Drain beans and add to the dressing along with the remaining ingredients. Toss gently and season with additional salt and pepper if you wish.
3. Cover with plastic wrap and refrigerate 2 hours before serving.

Yield: 6 servings