



May 30- Bean Salad

Smart Snack

Link: <https://www.foodhero.org/recipes/bean-salad>

Recipe

Ingredients:

¼ cup vinegar

¼ cup sugar

2 Tablespoons vegetable oil

¼ teaspoon salt and pepper

6 cups beans (about 4 15-ounce cans)

2 cups chopped vegetables

Directions:

1. In a large bowl, combine vinegar, sugar and oil. Mix well. Add salt and pepper if desired.
2. Add beans and vegetables and gently stir to coat. Cover and refrigerate until ready to serve. For more flavor, make a day ahead.

Yield 1 serving

Nutrition Facts

Serving Size 1/2 cup (113.51g)

Servings Per Container 13

Amount Per Serving

Calories 60 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **7%**

Sugars 5g

Protein 1g **3%**

Vitamin A 25% • Vitamin C 8%

Calcium 6% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.