

## Three Bean Salad (Green Beans)



**Makes 35 servings**  
*¼ cup of salad per serving.*

### INGREDIENTS

- 2 cups low-sodium canned green beans
- 2 cups canned kidney beans
- 2 cups canned garbanzo beans (chick peas)
- ⅓ cup Italian salad dressing

### PREPARATION

1. Drain ingredients.
2. Combine ingredients in a bowl and mix well.
3. Place ¼ cup of salad on a paper plate.
4. Serve one plate to each student.

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**Nutrition information per serving:** Calories 49, Carbohydrate 8g, Dietary Fiber 2g, Protein 2g, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 176mg



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