3 – Bean Salad
Makes 6 – 1 cup servings

Ingredients:
1 15 ounce can green beans, drained
1 15 ounce can pinto or garbanzo beans, drained
1 15 ounce can red kidney beans, drained
½ cup green peppers, chopped
2 teaspoons sugar
6 tablespoons vinegar
3 tablespoons vegetable oil
¼ teaspoon salt (optional)
¼ teaspoon pepper

Directions:
1. In a medium bowl, mix the green beans, pinto or garbanzo beans, kidney beans, and green pepper.
2. In a separate bowl mix the sugar, vinegar, oil, salt, and pepper.
3. Pour the liquid mixture over the beans and toss together.
4. Serve immediately or chill overnight for even better flavor.
5. Refrigerate leftovers.

Source: Eating Smart Being Active Colorado State University and University of California Extension