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## Green Bean Salad

Prep Time: 10 minutes

Chill Time: 20 minutes

Cost per serving: \$0.23

### What you need:

#### Utensils:

- Large mixing bowl
- Can opener
- Sharp knife
- Cutting board
- Liquid measuring cup
- Mixing spoon

#### Ingredients:

- 2 14.5-oz cans green beans, drained
- 1 small onion, chopped
- 1 medium tomato, diced
- 1/3 cup fat free Italian dressing

#### What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Wash and chop onion and dice the tomato.
4. Toss green beans, onion, tomato, and dressing together in a bowl.
5. Chill in refrigerator until ready to serve.

### Nutrition Facts

Serving Size 1/2 cup  
Servings Per Container 8

Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 8%	Vitamin C 6%
Calcium 2%	Iron 4%