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Marinated Three Bean Salad

Prep Time: 1 hour

Chill Time: 10 minutes

Cost per serving: \$0.58

What you need:

Utensils:

- Measuring cup
- Cutting board & knife
- Large mixing bowl
- Mixing spoon
- Can opener

Ingredients:

- 1 8.5-oz can lima beans
- 1 8-oz can cut green beans
- 1 8-oz can red kidney beans
- 1 medium onion, thinly sliced and separated into two rings
- ½ cup chopped sweet green bell pepper
- 1 8-oz bottle of fat free Italian salad 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. Drain the canned beans.
4. Peel and slice the onion and separate into rings.
5. In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and green bell pepper.
6. Pour the Italian dressing over the mixture and toss lightly.
7. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator overnight.
8. Drain before serving.

Nutrition Facts

Serving Size 1 1/3 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 29g	10%
Dietary Fiber 9g	36%
Sugars 5g	
Protein 8g	
Vitamin A 8%	Vitamin C 40%
Calcium 4%	Iron 8%