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White Bean, Tomato & Cucumber Salad

Prep Time: 20 minutes

Cost per serving: \$1.16

What you need:

Utensils:

- Cutting board and knife
- Can opener
- Measuring cups and spoons
- Large mixing bowl
- Mixing spoon

Ingredients:

- 1 15 oz. can white beans (Northern) rinsed & drained
- 1 medium tomato, chopped
- 1 large cucumber, chopped
- 2/3 cup chopped red onion
- 2/3 cup chopped fresh parsley
- 1/4 cup white or red wine vinegar
- 2 tbs olive oil
- Salt and pepper to taste

What to do:

1. Wash your hands and clean your cooking area.
2. Chop tomato, cucumber, onion, and parsley.
3. Clean the top of the can before opening.
4. Drain and rinse white beans.
5. Combine all ingredients into mixing bowl and stir gently to combine.
6. Refrigerate until ready to serve.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 3	
Amount Per Serving	
Calories 370	Calories from Fat 150
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% Daily Value*	
Total Fat 16g	25%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 45g	15%
Dietary Fiber 16g	64%
Sugars 8g	
Protein 11g	
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Vitamin A 50%	• Vitamin C 80%
Calcium 20%	• Iron 25%