THREE BEAN SALAD

COOK TIME: 0 min | PREP TIME: 15 min | SERVINGS: 6

INGREDIENTS

- 3 cans of beans based on your preferences (kidney, garbanzo, black beans, etc)
- 1 green bell pepper
  - For extra crunch, add ½ red onion or chopped celery
- ½-1 cup Italian/balsamic dressing

PREPARATION

1. In one bowl, mix the beans (rinsed) and green bell pepper.
2. Mix dressing into the bean mixture.
3. Refrigerate for several hours before serving.



This salad serves as a great base that can be customized to what you like. Add vegetables such as green beans, corn, cabbage, tomatoes, carrots, cucumbers or any other favorites.

NUTRITION NOTES

Beans are an excellent source of plant-based protein and fiber. Protein helps build and maintain strong muscles, while fiber supports healthy digestion and can help lower cholesterol.

Store leftovers in an airtight container - freeze or keep in fridge for up to 4 days.

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