

Three Bean Salad with Mustard Dressing



CHOICES
Steps Toward
Health

Serves 6

Salad:

2 cups green beans, fresh, frozen or canned
(drain if using canned)

1 15-ounce can chickpeas, drained

1 15-ounce can kidney beans, drained

1 large tomato, seeded and diced

Dressing:

2 Tablespoons olive oil

2 Tablespoons Dijon mustard

2 Tablespoons water

1 Tablespoon fresh basil, chopped OR

1 teaspoon dried basil

1 teaspoon honey

1/4 teaspoon ground black pepper

1. Wash and dice tomato.
2. Steam green beans until crisp-tender, 5 minutes. (Skip this step if using canned beans.)
3. Place green beans, chickpeas, kidney beans, and washed tomatoes in a bowl. Mix well.
3. Combine the oil, mustard, water, basil, honey, and pepper for the dressing.
4. Pour dressing over salad. Toss well.



TIPS:

- A great salad for a picnic.
- Keep refrigerated until serving.

Nutrition Facts: Serving size: 1 cup; Calories: 240; Fruits and Vegetables: 1; Fat: 6g; Fiber: 11g