



Calico Bean Salad

Makes 10 servings | Protein • Vegetables

Ingredients

- 2 cups cooked or 1 15-ounce can navy, great northern, or small white beans
- 2 cups cooked or 1 15-ounce can dark or light kidney beans
- 2 cups cooked or 1 15-ounce garbanzo beans
- 1 bell pepper, chopped
- ½ cup Italian vinaigrette
- Salt and pepper to taste
- Tomato wedges
- Onion slices, separated into rings

Directions

1. Wash hands with warm, soapy water.
2. Mix beans and bell pepper together lightly. Cover with dressing. Add salt and pepper.
3. Refrigerate for several hours.
4. When ready to serve, mix again.
5. Serve in a large bowl and top with tomato wedges and onion rings.



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Ingredients

- 4 cups unsifted enriched flour
- 4 cups unsifted whole-wheat flour
- ¼ cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon salt
- 1 cup canola oil



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Recipe from the **Cent\$ible Nutrition Program**. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.



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