

Calico Bean Salad

Makes 6 cups | 12 servings | **Vegetables** • **Protein**

Ingredients

- 2 cups navy, Great Northern, or small white beans, cooked or 1 15-ounce can, drained
- 2 cups kidney beans cooked or 1 15-ounce can, drained
- 2 cups chickpeas or garbanzo beans cooked or 1 15-ounce can, drained
- ½ cup low-fat Italian dressing
- Salt and black pepper to taste
- 2 tomatoes, cut into wedges
- 1 cup onion slices, separated into rings

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large bowl, mix together beans. Cover with dressing. Add salt and pepper and mix until beans are coated.
3. Refrigerate for 2 - 3 hours until completely chilled.
4. When ready to serve, mix again.
5. Serve in a bowl and top with tomato wedges and onion rings.



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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