

Three Bean Salad

Ingredients:

15 ounces green beans, canned
 15 ounces wax beans, canned
 15 ounces kidney beans, canned
 1 onion
 4 stalks celery
 1/2 cup cider vinegar
 2 1/2 tablespoons vegetable oil
 1/4 cup water
 1/4 cup sugar

Equipment:

Can Opener
 Cutting Board
 Knife
 Measuring Cups
 Measuring Spoons
 Bowl
 Colander
 Slotted Spoon

Number of Servings: 7
 Prep Time: 10 minutes
 Total Time: Overnight

Directions

1. Open green beans, wax beans and kidney beans and pour into colander. Rinse under running water to remove sodium. Set aside to drain.
2. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop into small pieces. Add to mixing bowl.
3. Wash celery stalks and lay them on a cutting board. Cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Add to bowl.
4. Combine green beans, wax beans and kidney beans with celery and onion in a mixing bowl.
5. In a small bowl, mix together vinegar, oil, sugar and water. Mix well and pour over beans.
6. Refrigerate overnight for best flavor.

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Nutrition Facts

Serving Size: 1 cup	
Servings: 7	
Amount Per Serving	
Calories 153	Calories from Fat 45
%Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 584mg	11%
Potassium 395mg	24%
Total Carbohydrate 24g	8%
Dietary Fiber 5g	19%
Protein 5g	9%
Vitamin A 9%	Vitamin C 13%
Iron 12%	Calcium 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

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