

Three-Bean Salad with Mustard Dressing

Serves 6

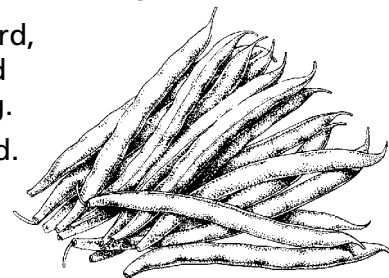
SALAD:

- 1 large tomato, seeded and diced
- 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

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. Wash and dice tomato. Wash green beans if using fresh.
2. Steam green beans until crisp-tender, about 5 minutes. (Skip this step if using canned beans.)
3. Place green beans, chickpeas, kidney beans, and diced tomatoes in a bowl. Mix well.
4. Combine the oil, mustard, water, basil, honey, and pepper for the dressing.
5. 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: 1½ servings; Fat: 6 g; Fiber: 11 g



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