

# Easy Three-Bean Salad

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*Provided by Placer/Nevada UC CalFresh  
Nutrition Education Program and the Auburn  
Interfaith Food Closet*

Recipe type: Salad, spring, summer

Serves: 6

Prep Time: 10 minutes + chilling



## Ingredients

- 1 can (14.5 oz.) cut green beans, drained
- 1 can (15 to 16 oz.) red kidney beans, drained
- 1 can (15 to 16 oz.) garbanzo beans, drained
- 1/2 cup onion, chopped
- 1 clove garlic, minced (optional)
- 1/2 cup light or fat-free Italian dressing
- Pepper to taste

## Directions

- 1 Mix all ingredients in a bowl.
- 2 Chill.
- 3 Serve with a slotted spoon.



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