

GREEN BEAN SALAD

Makes 8 Servings

Ingredients

2 cups green beans	1 carrot, thinly sliced
1 (15½ ounce) can kidney beans, rinsed and drained	1 small onion, thinly sliced
1 (15½ ounce) can black beans, rinsed and drained	3 tablespoons white vinegar
	1 tablespoon sugar
	¼ cup olive oil

Directions

1. In medium mixing bowl, mix beans, carrot, onion, white vinegar, sugar and oil.
2. Cover and chill for one hour before serving.

Nutrition Facts: Serving size ½ cup, Calories 214, Total Fat 7g, Sodium 340mg, Total Carbohydrate 29g, Dietary Fiber 8g, Protein 9g

What to look for

- Pods of equal size (for even cooking) that are no thicker than a pencil. The beans should have a fresh, vivid color with a firm texture.
- Beans that snap crisply. Do not buy beans that are limp, over-sized, split, or have rust spots or scars. If the seeds are bulging inside the pod, they are too mature.

How to store

- Keep beans in a plastic bag in the refrigerator crisper. They will stay fresh 3 to 5 days.
- Wash the beans, then snap or trim the cap end off each bean. Leave the beans whole for cooking or snap or cut them crosswise into 1-to 2-inch lengths.
- For long term storage beans can be frozen, canned or dried.



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and under an agreement with the State of Tennessee.



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.