



Easy Bean Salad

- 1 15 oz. can Kidney Beans
- 2 15 oz. cans Garbanzo Beans – also known as chick peas
- 1 15 oz. can Cannellini Beans – also known as white kidney beans
- Garlic – Minced – I use 2 cloves, since I LOVE garlic
- Green Onion – Chopped
- Red Onion – Chopped
- Red Peppers – Chopped
- 1 Fuji Apple - Chopped
- 2 TBSP Olive Oil
- 2 TBSP Balsamic Vinegar (or to taste)

Drain and rinse beans well and throw into bowl with onion & garlic. Add Olive Oil & Balsamic Vinegar... mix well & serve (store in refrigerator). Make sure to mix every time you serve, since the EVOO and Balsamic Vinegar will sink to the bottom if the salad sits for a long time.

FLT Servings Per 3/4 Cup: 1/2 Category 1 Vegetables; 1 Legume; 1-2 Oils



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Servings: ½ cup = 1 Legume

1-2 Oils