

Mix Bean Salad

You'll Need: A large bowl, a small bowl, a large mixing spoon, measuring cups and measuring spoons.

Preparation Time: 15 minutes

Ingredients	Amount for four
Kidney beans	1 can (19oz/540ml)** (or two cups)
Chick peas	1 can (19oz/540ml)** (or two cups)
Yellow wax beans	1 can (14oz/398ml)
Green beans	1 can (14oz/398mol)
Onion, chopped	1 whole
Green pepper, chopped	1 whole
Vinegar	1/2 cup
Vegetable Oil	1/3 cup
Sugar	¼ cup
Basil (optional)	½ teaspoon

Method:

Step 1: Drain and rinse all of the canned beans. Put all of the beans, onion and green pepper into a large bowl. **Step 2:** Mix oil and vinegar, sugar and basil in a small bowl. Pour over bean mixture. Mix well. **Step 3:** Stir gently just before serving **Recipe is best when served cold. You may have to refrigerate the salad before serving.*

Nutrients per serving

Calories: 260 kcals

Fat: 9.0 g

Carbohydrates: 36 g

Protein: 9.0 g

Sodium: 170mg

Fiber: 9.0 g