



## Zesty Three-Bean Salad

### Ingredients:

¼ cup vinegar  
2 tablespoons honey Dijon mustard  
1 tablespoon honey  
2 teaspoons canola oil  
1 teaspoon celery seeds  
1 medium garlic clove, minced  
¼ teaspoon salt  
1 15-ounce can no-salt-added kidney beans, rinsed and drained  
1 15-ounce can no-salt-added pinto beans, rinsed and drained  
1 14.5-ounce can no-salt-added green beans, drained  
2/3 cup chopped red onion  
½ cup chopped green bell pepper

### Nutritional Information:

- Servings: 12
- Servings size: ½ cup
- Calories: 90 kcal
- Fat: 1 g
- Saturated Fat: 0 g
- Unsaturated Fat: 0.5 g
- Cholesterol: 0 mg
- Sodium: 54 mg
- Carbohydrates: 16 g
- Fiber: 4 g
- Sugar: 5 g
- Protein: 5 g

### Instructions:

In a large re-sealable plastic bag, thoroughly combine the vinegar, mustard, honey, oil, celery seeds, garlic, and salt. Add the remaining ingredients, seal the bag, and turn gently several times to coat. Refrigerate for at least 2 hours, turning several times, before serving. Can be prepared a day ahead.