

Snappy Bean Salad

Makes 14 servings

- 1 can 15 ounce kidney beans
- 1 can 15 ounce green beans
- 1 can 15 ounce yellow beans
- 1 medium onion, sliced
- ½ medium green pepper, chopped



1. Rinse and drain beans. Combine beans in bowl.
2. Add onion and green pepper.
3. Add your favorite Italian dressing or vinaigrette (see back for recipe). Cover and chill overnight or for 6 hours. Refrigerate leftovers.

Substitutions:

- Instead of canned kidney beans, use garbanzo or red beans.
- Substitute 1 pound fresh or 10 ounce frozen green beans. Cook until tender and drain.

Kitchen Helpers!

2-year olds can wash vegetables and dump ingredients into a bowl. Have them help you wash the green pepper and onion, and put the kidney, green, and yellow beans in the bowl.

(Over)

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(Over)

Vinaigrette Dressing

- ¾ cup vinegar
- ¾ cup sugar
- ¾ cup vegetable oil
- ½ teaspoon pepper
- 1 whole garlic clove, peeled and pressed slightly

1. Heat vinegar and sugar together in a pan to dissolve sugar.
2. Take pan off stove and add oil, garlic and pepper and mix.
3. Pour vinegar mixture over the bean mixture. Cover and chill overnight or for 6 hours. Remove garlic before serving. Refrigerate leftovers.

Kitchen Helpers!

3, 4, and 5-year-olds can mix ingredients and pour liquids. Have them help you make the vinegar mixture.



Produced by the Oregon 5 A Day Partnership
Adapted by the WA State WIC Nutrition Program
For more information visit www.5aday.gov

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