

Mixed Bean Salad

Makes: 10 servings
Cost: \$0.41 per serving

Ingredients

1	can (19 oz/540 ml) kidney beans, drained	1
1	can (19 oz/540 ml) chick peas, drained	1
1	can (14 oz/398 ml) yellow wax beans, drained	1
1	can (14 oz/398 ml) green beans, drained	1
1	medium onion, chopped	1
1	medium green pepper chopped	1
2/3 cup	vinegar	150 ml
1/3 cup	vegetable oil	75 ml
1/4 cup	sugar	50 ml
1/2 tsp	dried basil (optional)	2 ml
	salt and pepper	

This recipe makes a lot but it will keep a week in the refrigerator. It's a favourite with just about everybody, especially in the summer.

Directions

1. Put kidney beans, chick peas, yellow beans, green beans, onion and green pepper into a large bowl.
2. Mix vinegar, oil, sugar and basil, if desired, in a small bowl. Pour over bean mixture. Mix well.
3. Add salt and pepper to taste. Cover and refrigerate.
4. Just before serving, stir gently

Originally published in "The Basic Shelf Cookbook" and reproduced with permission from the Canadian Public Health Association.

Nutrition information:

Per Serving: 245 calories

Calories from fat: 31%

Excellent source of: folic acid

Good source of: iron

Very high source of: dietary fibre