Carrie's 3 Bean Salad

Tangy and full of flavor, this 3 bean salad makes a perfect side-dish for a summertime backyard barbecue or make it your entree for a tasty vegetarian lunch. Beans are packed with protein, carbohydrates, vitamins and minerals and are low in fat. They also contain phytochemicals which may play a role is preventing certain disease processes! So mix up a bowl of Carrie's 3 Bean Salad, you can't go wrong with one of the worlds most nutrient-dense foods. Nutrition Facts: Serving size= 1 cup prepared, Calories-180, Carbohydrate-24g, Sugar-3g, Protein-8g.

Recipe:

	Recipe serves	Prepared for
	8	8

Ingredient	Amount		Scaled amount	
Garbanzo Beans	15	oz	15	oz
Cut Green Beans	14 1/2	tbsp	14 1/2	oz
Dark Red Kidney Beans	15	oz	15	oz
Marinated Artichoke Hearts (Sprouts brand)	11.9 oz	oz	11 9/10	oz
Medium Black Olives (Lindsay Naturals)	6	oz	6	oz
Red Onion, medium	1/4	----	1/4	----
Parmesan Style Topping (Go Veggie)	1/4	cup	1/4	cup
Lite Balsamic Vinaigrette (Newman's Own)	1/4	cup	1/4	cup

Instructions:

1. Rinse beans thoroughly, and place is serving bowl.

2. Thinly slice red onion and mix with beans.

3. Add artichoke hearts and black olives.

4. Mix salad mixture with Balsamic Vinaigrette and Parmesan cheese.

5. Refrigerate for a minimum of 30 minutes before serving.

6. Enjoy!

Shopping List:

Ingredients	Have it	Quantity
Garbanzo Beans	☐	1 can
Cut Green Beans	☐	1 can
Dark Red Kidney Beans	☐	1 can
Sprouts Marinated Artichoke Hearts	☐	1 jar
Lindsay Naturals Medium Black Olives	☐	1 can
Go Veggie Parmesan Style Topping	☐	1 bottle
Newmans Own Lite Balsamic Vinaigrette	☐	1 bottle
Red Onion	☐	1 med
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