



Bean Trio Salad

9 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 1 can black beans
- 1 can Great Northern beans
- 1 can pink beans
- 1 cup celery, finely diced
- ¼ cup red onion, finely diced
- 3 teaspoons jalapeno, finely minced and deseeded
- 2 Tablespoons dried parsley
- 1 Tablespoon dried dill
- 1 teaspoon garlic powder
- ¼ teaspoon black pepper
- ½ teaspoon salt
- 2 Tablespoons rice vinegar
- ¼ cup canola oil

DIRECTIONS

1. Rinse and drain beans and add into a large mixing bowl.
2. Add celery, red onion, and jalapeno.
3. In a separate bowl, combine parsley, dill, garlic powder, black pepper, and salt. Add rice vinegar and canola oil and whisk together.
4. Add dressing to the bean mixture and gently mix.
5. Chill for 30 minutes to 1 hour to allow flavors to blend.

Nutrition Facts

9 servings per container
Serving size 1/2 cup (170g)

Amount per serving
Calories **270**

% Daily Value*

Total Fat 10g 13%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 580mg 25%

Total Carbohydrate 36g 13%

Dietary Fiber 9g 32%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 77mg 5%

Iron 3mg 15%

Potassium 616mg 15%

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

Recipe developed by San Antonio Independent School District - Child Nutrition Services

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