Sweet and Tangy Four-Bean Salad

Ingredients:

1/2 cup vegetable or olive oil

1/2 cup apple cider vinegar

2/3 cup sugar

1/2 teaspoon salt

1/2 teaspoon pepper

2 teaspoons Dijon mustard

1 teaspoon Worcestershire sauce

1 (14.5 oz.) can green beans, drained

1 (14.5 oz.) can wax green beans, drained

1 (15 oz.) can red kidney beans, rinsed and drained

1 (15 oz.) can garbanzo beans, rinsed and drained

Source: spicysouthernkitchen.com

1 celery stalk, finely chopped

1/2 red onion, finely chopped

1 (2 oz.) jar dried pimentos, drained

2 green onions, sliced

Directions:

- 1. In a large bowl, whisk together oil, vinegar, sugar, salt, pepper, Dijon mustard, and Worcestershire sauce.
- 2. Add remaining ingredients, except green onion, and stir. Cover and refrigerate 8 48 hours.
- 3. Garnish with green onions. Enjoy!

Notes:

- You can substitute canned green beans for 8 oz. fresh green beans. To blanch the beans, bring a pot of water to a boil. Add beans and simmer until slightly but still tender crisp, about 2 5 minutes. Drain immediately and plunge into an ice bath to stop the beans from cooking.
- This dish can be stored in an airtight container in the refrigerator for up to a week.

Amount Per Se	rving		
Calories 25	0 Calo	ries from	Fat 110
		% Da	aily Value
Total Fat 12g			18%
Saturated Fat 1.5g			8%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 290mg			12%
Total Carbohydrate 30g			10%
Dietary Fiber 8g			32%
Sugars 14	lg		
Protein 7g	_		
Vitamin A 10		Vitamin (
*Percent Daily Vadiet. Your daily vadepending on your Total Fat	alues are ba alues may b ur calorie ne Calories: Less than	sed on a 2,0 e higher or l eds: 2,000 65g	000 calorie ower 2,500 80g
Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than ate	20g 300mg 2,400mg 300g 25g	25g 300mg 2,400mg 375g 30g

Fat 9 · Carbohydrate 4 · Protein 4

For more information, please contact:

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