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
1 celery stalk, finely chopped
1/2 red onion, finely chopped
1 (2 oz.) jar dried pimentos, drained
2 green onions, sliced

Nutrition Facts

Serving Size 1 cup (215g)
Servings Per Container 10

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily 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 14g	
Protein 7g	

Vitamin A 10% • Vitamin C 20%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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.*

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