

# 5-Bean Salad

Hands-on - 10 min.

Serves 20

Why stop at 3-bean salad? This has triple the cholesterol-lowering power of 3-bean salad, and a lot less oil. This makes a big batch, so plan on enjoying it all week long.

**Tastes great with:**  
*Grilled Chicken or Fish*

1 can (15 oz) butter beans  
1 can (15 oz) kidney beans  
1 can (15 oz) garbanzo beans  
1 can (16 oz) wax beans  
1 can (16 oz) green beans

**4 hours before serving:**

Open cans and rinse and drain beans thoroughly in a colander. Transfer to a large bowl with a tight-fitting lid.

1 small red or white onion, sliced into rings  
1 green bell pepper, chopped

Stir into beans.

1/2 cup balsamic vinegar  
1/4 cup water  
2 T sugar  
1/4 cup oil (canola or olive)  
1 tsp oregano  
1/2 tsp chopped garlic (1 clove)

Mix together in a 2-cup measuring cup. Pour over beans and toss to coat evenly.

Best if allowed to marinate 4 or more hours.

*If you wish to make only 1/2 this batch, simply reserve 1/2 the beans for an upcoming batch of chili.*

**Nutrition information for 1/2 cup**

Calories	85	Fat	3 g	Fiber	3 g	Sodium	305 mg	Total Carbohydrate	13 g
Calories from Fat	29%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	3.5 g	Sugars	4 g