

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