



## **Bean Salad (recipe makes about 12 servings)**

### **Ingredients:**

2 celery stalks diced  
1 red pepper diced  
1 green pepper diced  
1 can kidney beans  
1 can chick peas  
1 can black beans  
1 can each green and yellow but wax beans  
1 can whole kernel corn

### **Dressing:**

2/3 cup vinegar  
1/3 cup vegetable oil  
3 tbsp white sugar  
3 cloves garlic minced  
½ tsp Worcestershire sauce

### **Directions:**

1. Rinse and drain well all canned goods using a large strainer.
2. In a large bowl combine all diced veggies, drained beans, and corn.
3. In a separate small bowl whisk all dressing ingredients vigorously.
4. Combine dressing with veggie, bean and corn mixture mixing well.

### **Recipe comes from Andrea's kitchen**

Carbohydrate count per 1 cup serving: 36 g carbohydrate, 10 g fiber so 26 g of available carbohydrate.