

healthwise, potluck favourites, salads, sauces, spreads & salsas, side dish, vegetables & legumes, vegetarian

Bean Salad

*Evelyn Grimble
Mom's Collection*



Tangy and terrific, this is a family favourite...

Servings: 6

1 14-oz can red kidney beans, drained and rinsed

1 14-oz can chickpeas, drained and rinsed

1 12-oz can corn, drained and rinsed

Dressing

2 tbsps oil

2 tbsps lemon juice

2 tbsps cider vinegar

1/2 tsp salt

1 to 2 cloves garlic, crushed

1/2 c fresh parsley, chopped fine

Preparation Time: 15 minutes

Start to Finish Time: 2 hours 15 minutes

Combine all ingredients in non-reactive bowl and chill until ready to serve (allow enough time for flavours to blend).

Per Serving (excluding unknown items): 526 Calories; 10g Fat (15.8% calories from fat); 29g Protein; 86g Carbohydrate; 22g Dietary Fiber; 0mg Cholesterol; 208mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.