

Bean Salad

Ingredients:

- 2 cups green beans
- 2 cups wax beans
- 1 cup kidney beans

Dressing:

- 1/2 cup olive oil
- 1/4 cup vinegar
- 1 tsp. basil
- 1 tsp. oregano
- 1 tsp. thyme
- 1 Tbsp. honey
- Salt to taste
- Pepper to taste



Directions:

1. Inspect all products before using.
2. Wash all beans thoroughly.
3. In a large bowl, mix beans well. Set aside.
4. To make the vinaigrette- add vinegar to a small bowl. Slowly whisk in the oil.
5. Add the basil, oregano, thyme and honey. Mix well.
6. Season to taste.
7. Add dressing to the bean mixture. Mix well.
8. Serve immediately.

Nutrition Facts		
Serving Size 1/2 cup (90 g)		
Servings per container 10		
Amount Per Serving		
Calories 141	Calories from Fat 97	
% Daily Value*		
Total Fat 11g	17%	
Saturated Fat 2g	8%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 11mg	0%	
Total Carbohydrate 9g	3%	
Dietary Fiber 3g	12%	
Sugars 2g		
Protein 2g		
Vitamin A 6% • Vitamin C 4%		
Calcium 3% • Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
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Portion Count: 0.25 yellow, 0.5 green, 1 orange

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