

# Easy Three Bean Salad

Yield: 5 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-flat-bean-salad-recipe>

## Ingredients:

- 12 ounces fresh green beans
- 19 fluid ounces red kidney beans drained and rinsed
- 19 fluid ounces romano beans chickpeas, or canellini beans drained and rinsed
- 1 tablespoon fresh parsley chopped
- 1 tablespoon fresh basil sliced thin, optional but tasty
- salt
- pepper
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon honey
- 1 tablespoon cider vinegar or white
- 1 tablespoon olive oil
- 1 clove garlic minced

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 13 grams
3. Fat: 4 grams
4. Fiber: 3 grams
5. Protein: 7 grams
6. Sodium: 170 milligrams
7. Sugar: 3 grams

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