

# THREE BEAN MEXICAN SALAD

## INGREDIENTS

- 1 large cucumber
- 2 medium tomatoes
- 1 red bell pepper
- 1 yellow bell pepper
- 1 can (14.5 oz) dark red kidney beans
- 1 can (14.5 oz) light red kidney beans
- 1 can (14.5 oz) pinto beans
- 1/2 c. fresh cilantro
- Juice from 5 small limes (about 1/4 cup)
- 1/4 c. olive oil
- 1/2 tsp. salt



## INSTRUCTIONS

1. Dice cucumber, tomatoes, and both bell peppers. Add to a medium-sized serving bowl.
2. Drain and rinse the three cans of beans; mix these with vegetables.
3. For the dressing: cut tough stems from cilantro and chop leaves. Add to lime juice and mix with oil and salt.
4. Toss vegetables and beans with dressing. Serve immediately or chill in refrigerator overnight for flavors to blend.

Serves 8 - Serving Size: 1 cup - Nutrients per serving: 220 calories -- 8g total fat -- 1g saturated fat -- 0g *trans* fat -- 0mg cholesterol -- 393mg sodium -- 33g total carbohydrates -- 9g fiber -- 5g sugar -- 9g protein -- [www.peasandhoppiness.com](http://www.peasandhoppiness.com)