



EATING SMART  
BEING ACTIVE

## 3-Bean Salad

Makes: 6 servings (1 cup per serving)

Preparation Time: 6 to 10 minutes

### Ingredients

- 1 (14.5 ounce) can green beans, drained and rinsed
- 1 (15 ounce) can pinto or garbanzo beans, drained and rinsed
- 1 (15 ounce) can kidney beans, drained and rinsed
- ½ green pepper, chopped
- 2 teaspoons sugar
- 6 tablespoons apple cider vinegar
- 3 tablespoons vegetable oil
- ¼ teaspoon black pepper
- ¼ teaspoon salt (optional)

### Directions

1. Before starting to prepare the recipe:
  - a. Wash the green pepper.
  - b. Collect, chop, and measure all ingredients.
2. Mix the green beans, pinto or garbanzo beans, kidney beans, and green pepper in a large bowl.
3. In a small bowl, mix the sugar, vinegar, oil, and black pepper. Pour the liquid mixture over the beans and green pepper, and toss together.
4. Taste, and add salt if desired.
5. Serve immediately, or chill overnight for even better flavor.
6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!** Try adding minced onions, other vegetables, or cooked pasta.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	1 Cup (237g)
Amount Per Serving	
<b>Calories</b>	<b>250</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 36g	13%
Dietary Fiber 11g	39%
Total Sugars 5g	
Includes 1g Added Sugars	2%
<b>Protein</b> 11g	22%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 3mg	15%
Potassium 799mg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture



EFNEP  
COLORADO STATE UNIVERSITY  
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

*Plan, Shop, \$ave*



## Ensalada de 3 frijoles

Rinde: 6 porciones (1 taza por porción)

Tiempo de preparación: 6 a 10 minutos

### **Ingredientes**

1 lata (14.5 onzas) de frijoles verdes, escurridos y enjuagados

1 lata (15 onzas) de frijoles pinto o garbanzos, escurridos y enjuagados

1 lata (15 onzas) de frijoles rojos, escurridos y enjuagados

½ pimiento verde, picado

2 cucharaditas de azúcar

6 cucharadas de vinagres de manzana

3 cucharadas de aceite vegetal

¼ cucharadita de pimienta negra

¼ cucharadita de sal (opcional)

### **Preparación**

7. Antes de comenzar a preparar la receta:
  - a. Lavar los frijoles verdes.
  - b. Reunir, cortar y medir todos los ingredientes.
8. Mezclar los frijoles verdes, los frijoles pinto o garbanzos, los frijoles rojos y el pimiento verde en un recipiente grande.
9. En un recipiente pequeño, mezclar el azúcar, el vinagre, el aceite y la pimienta negra. Verter la mezcla sobre los frijoles y el pimiento verde y mezclar. Probar y agregar sal a gusto.
10. Servir inmediatamente o dejar en el refrigerador durante la noche para resaltar los sabores.
11. Refrigerar las sobras dentro de las 2 horas. Consumir dentro de los siguientes 3 a 5 días.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 cup (237g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>250</b>
<small>% Daily Values*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 185mg	8%
Total Carbohydrate 36g	13%
Dietary Fiber 11g	39%
Total Sugars 5g	
Includes 1g Added Sugars	2%
<b>Protein 11g</b>	<b>22%</b>
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 2.7mg	15%
Potassium 799mg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

***¡Sea creativo!*** Agregar cebolla picada, otros vegetales o pasta cocida.



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture



**EFNEP**  
COLORADO STATE UNIVERSITY  
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

*Plan, Shop, \$ave*