



Three Bean Salad

Julie Andrews, Chef and Registered Dietitian Stride in the Kitchen

A simple three bean salad with green, kidney and great northern beans and a light olive oil dressing.

Watch video [here](#).

Prep time: 15 mins Cook Time: 5 mins Total Time: 20 mins

Serves 6

Ingredients:

Dressing:

½ cup (80 mL) white vinegar

¼ cup (60 mL) olive oil

1 ½ tablespoons (22.5 mL) granulated sugar

1 teaspoon (5 mL) Dijon mustard

¾ teaspoon (3.75 mL) kosher or sea salt

½ teaspoon (2.5 mL) ground black pepper

½ teaspoon (2.5 mL) celery salt

Salad:

1-pound (.45 kg) green beans, trimmed and cut into 2-inch pieces

15-ounce can no salt added dark red kidney beans

15-ounce can no salt added great northern beans

3 medium stalks celery, diced

¼ sweet onion, peeled and thinly sliced (optional)

¼ cup (60 mL) flat-leaf Italian parsley, chopped

Instructions:

1. Bring a medium pot of water to a boil.
2. In a medium mixing bowl, whisk together the dressing ingredients. Set aside.
3. Place the green beans into the boiling water and cook 4-5 minutes or until slightly tender. Transfer to a bowl of ice water and let them sit 2-3 minutes. Drain and transfer them to the bowl with the dressing.
4. To the bowl, add the kidney beans, great northern beans, celery, onion (if using) and parsley to the bowl and toss with the dressing. Place a lid on the bowl and refrigerate at least 30 minutes. Stir and taste and adjust seasoning, if necessary. Serve.

Storage Tip: This salad keeps up to 3 days in the refrigerator.

Nutrition:

Serving Size: 1/6 of recipe

Calories: 250

Sugar: 6g

Sodium: 346mg

Fat: 10g

Saturated Fat: 1g

Unsaturated Fat: 9g

Trans Fat: 0g

Carbohydrates: 31g

Fiber: 13g