

CLEAN 3 BEAN SALAD

4 Servings

INGREDIENTS

1 can Black Beans, drained and rinsed
1 can Chickpeas, drained and rinsed
1 can Kidney Beans, drained and rinsed
½ medium Red Onion, thinly sliced
1 Bell Pepper, thinly sliced
1 cup Salsa
¼ cup Cilantro, chopped
¼ cup White Vinegar
¼ cup Cider Vinegar

DIRECTIONS

Step 1

Place the beans, peppers, and onion in a large bowl and toss. In a mason jar (or the salsa bottle) combine the remaining ingredients and shake well. Pour dressing over the bean mixture and toss until well combined. Cover and refrigerate for at least an hour.

NUTRITION

Calories: 279

Fat: 2g

Saturated Fat: 0g

Protein: 13g

Carbohydrates: 45g

Fiber: 15g

Sodium: 213mg

From My Fitness Pal Blog, 2018

SHOPPING LIST

Canned Black Beans

Canned Chickpeas

Canned Kidney Beans

Red Onion

Bell Pepper

Salsa

Cilantro

White Vinegar

Cider Vinegar