3 + 3 Bean Salad

Number of Servings: 16

Salad

1 15-ounce can green beans
1 15-ounce can Dark Red Kidney beans
1 15-ounce can Garbanzo beans
1 15-ounce can Great Northern or Navy beans
1 15-ounce can Pinto beans
1 15-ounce can Black beans
¼ cup sliced green onions and tops

Ginger Dressing

1/2 cup canola oil
3/4 cup apricot preserves
1/3 cup cider vinegar or rice wine vinegar
1/4 cup sugar
1 teaspoon ground ginger

Drain and rinse all beans. Put the beans and onion in a large bowl.

Mix the ingredients for the Ginger dressing in a small bowl.

Combine the dressing with the beans and mix.

Cover and refrigerate. Turn the bowl over occasionally during the first few hours to mix the dressing and ingredients. Serve cold.

Nutritional Analysis: 2/3 cup
Calories – 337
Fat – 8g
Carbohydrates – 59g
Protein – 13g
Cholesterol – 0g
Sodium – 448mg
Calcium – 162mg
Fiber – 16g
Folate – 188mcg
Potassium – 941mg

Source: http://www.northarvestbean.org