



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Calico Bean Salad\*

2 cups cooked navy, great northern, or small white beans  
2 cups cooked or canned dark or light kidney beans  
2 cups cooked or canned garbanzos  
1 cup French, Italian, or vinaigrette dressing (bottled or homemade)  
salt and pepper to taste  
tomato wedges  
onion rings

1. Drain beans; mix together lightly. Cover with dressing. Add salt and pepper.
2. Refrigerate for several hours.
3. When ready to serve, mix again. Taste and add more seasoning or a little vinegar, if desired.
4. Serve in large bowl and garnish with tomato wedges and onion rings. Makes 10 servings.

### Nutrition Facts

Serving Size: 3/4 cup (158g)

Servings: 10

Amount Per Serving

Calories 210      Calories from Fat 60

% Daily Value\*

**Total Fat** 6g      **9%**

Saturated Fat 0g      **1%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 420mg      **18%**

**Total Carbohydrate** 30g      **10%**

Dietary Fiber 9g      **36%**

Sugars 4g

**Protein** 9g

Vitamin A 4%      ■ Vitamin C 6%

Calcium 6%      ■ Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/centsible](http://www.uwyo.edu/centsible) for more information.



TV Show

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