Visiting Nurse Association
of Northern New Jersey

175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org

Four Bean Salad

Makes 8 servings. Recipe from aplaceformom.com

Ingredients

1 (15-ounce) can wax beans
1 (15-ounce) can green beans
1 (15-ounce) can kidney beans, drained and rinsed
1 (15-ounce) can chickpeas, drained and rinsed
1 white or yellow onion, thinly sliced
2/3 cup white or apple cider vinegar
1/4 cup honey
1/3 cup olive oil
Salt & pepper

Nutritional info per serving

Calories	211
Total Fat	13g
Sodium	83mg
Carbohydrates	24g
Dietary Fiber	4g
Protein	4g

Directions

1. Mix all ingredients together in a large bowl or Tupperware container. Season with salt and pepper to taste.
2. Refrigerate overnight, or at least for several hours, to marinate. Enjoy as a side for grilled chicken or as a topping for green salad.