RAINBOW VEGGIE SALAD

SERVES 12

INGREDIENTS

1 (15.5 oz.) can red kidney beans, drained and rinsed
1 (15.5 oz.) can black beans, drained and rinsed
3 carrots, scrubbed and sliced
1 small yellow squash, washed and sliced
1 small zucchini, washed and sliced
½ cup light Italian dressing
½ teaspoon pepper

DIRECTIONS

1. Mix all the vegetables together in a large bowl.
2. Pour dressing over vegetables.
3. Sprinkle with pepper.
4. Stir gently, coating all vegetables.
5. Cover and refrigerate at least 8 hours.

SIMPLY GOOD EATING

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NUTRITION FACTS

Serving Size: 2/3 cup
Calories: 90
Total Fat: 2g
Cholesterol: 0mg
Sodium: 250mg
Total Carbohydrate: 14g
Dietary Fiber: 5g
Sugars: 2g
Protein: 4g