

DRESSINGS



**Zesty
Three-Bean
Salad**



BAY VALLEY
F O O D S

Zesty Three-Bean Salad

12 Servings

INGREDIENTS:

Rod's® French Dressing

Sour cream

Canned green beans, drained

Canned wax beans, drained

Canned garbanzo beans, drained

Tomatoes, seeded and chopped

Onion, chopped

Parsley, chopped

AMTS:

1 cup (8 oz.)

1 cup (8 oz.)

1 lb.

1 lb.

15 oz.

3 cups

1/2 cup

For garnish

PROCEDURE:

Combine dressing and sour cream in large bowl; mix well.

Add green beans, wax beans, garbanzo beans, tomato, and onion; mix well.

Cover and refrigerate for 2 hours.

Just before serving, sprinkle with parsley.

NUTRITION (Per serving*)

140 calories

4 g protein

18 g carbohydrate

4 g fiber

7 g fat

2.5 g saturated fat

10 mg cholesterol

460 mg sodium

*without garnish

CHEF'S TIP:

• Fresh green beans and fresh wax beans, blanched, may be substituted for canned green and wax beans.



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