

Rainbow Veggie Salad

Makes: 10 servings

Ingredients

- 1 can red kidney beans (15.5 ounces, drained and rinsed)
- 1 can black beans (15.5 ounces, drained and rinsed)
- 3 carrot (scrubbed and sliced)
- 1 yellow squash (small, washed and sliced)
- 1 zucchini (small, washed and sliced)
- 1/2 cup light Italian dressing
- 1/2 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.

Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Nutrition Information

Nutrients	Amount
Calories	90
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	210 mg
Total Carbohydrate	14 g
Dietary Fiber	5 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	