North Dakota

Bean and Vegetable Salad

Featured Food: Kidney Beans and Black Beans

Makes: 12 servings



Ingredients

- ½ head of red cabbage
- ½ head of romaine lettuce
- 3 medium carrots
- 1 medium cucumber
- 1 medium green pepper
- 2 heads of broccoli
- 3 medium tomatoes
- 3 cans (15.5 ounce) low-sodium kidney beans (or garbanzo beans)
- 6 ounces grated cheddar cheese
- ¼ cup vinaigrette salad dressing

Directions

1. Thickly slice red cabbage, tear lettuce into pieces, peel and slice carrots and cucumber.
2. Dice?the green pepper.
3. Cut?broccoli into florets and tomato into wedges.

4. Combine all salad ingredients in a bowl.
5. Add salad dressing and toss together just before serving.

Recipe from: *Wellness Ways Resource Book*, Adapted from Main Dish Salad, University of Illinois Extension Service, adapted by the USDA Food and Nutrition Administration.

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