

Black and White Bean Salad

1 15 ounce can black beans, drained

¼ cup diced onion

1 15 ounce can navy beans, drained

2 Tablespoons Italian dressing

¼ cup diced red bell pepper

Salt and pepper to taste

Open and drain cans of beans. Rinse in colander. Add to bowl. Dice bell pepper and onion, add to bowl. Add Italian dressing and stir ingredients together. Add salt and pepper, if desired.

Serves 4

Calories: 110 per serving

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Senior – Fruit and Vegetable