

MARINATED GARDEN SALAD

Make a day ahead for a picnic!

2 c canned Red Beans	1 c mild salsa
2 c canned Garbanzo beans	½ c Italian dressing
1 c chopped celery	1 T chopped cilantro
1 c diced cucumber	2 med tomatoes
½ c diced green pepper	1 avocado (optional)

Combine beans, celery, cucumber, green pepper, salsa, dressing & cilantro. Cover and refrigerate until serving time. Can be made a day or so in advance. Just before serving, chop avocado and tomatoes, add to marinated salad.

Makes 8 servings.

Calories: 221, Carbohydrate: 28 grams, Protein: 9 grams, Fat: 8 grams.