

RED, WHITE AND GARB SALAD

Keeps it simple.

2 c canned white beans

2 c canned red kidney beans

2 c canned garbanzo beans

Drain beans, mix together lightly and cover with 1 ½ or 2 cups of your favorite bottled French, Italian, garlic or vinaigrette dressing. Marinate in refrigerator for several hours and mix again when ready to serve.

Season w/coarse black pepper as needed and serve garnished w/lettuce leaves, tomato wedges and raw onion rings.

Serves 8.

Calories: 180, Carbohydrate: 31 grams, Protein: 11 grams, Fat: 1.5 grams.