

# Four Bean Salad

## *4 servings*

### **Ingredients:**

1 can (8.5 oz.) cut green beans, drained and rinsed  
1 can (8.5 oz.) cut wax beans, drained and rinsed  
1 can (8.5 oz.) lima beans, drained and rinsed  
1 can (8.5 oz.) kidney beans, drained and rinsed  
1/2 cup thinly sliced red onion rings  
1/2 cup chopped celery  
1/4 cup diced green pepper

### **Dressing:**

2 teaspoon Dijon mustard  
2 Tablespoon vinegar  
1/2 teaspoon sugar  
1/2 teaspoon dried thyme ( or 1 teaspoon chopped fresh thyme)  
1/2 teaspoon black pepper  
1 clove garlic, crushed or minced  
1/4 cup olive oil

### **Directions:**

In a large mixing bowl, combine all the beans, onion, celery and green pepper.

In a smaller mixing bowl, whisk together the mustard, vinegar, sugar, thyme, pepper and garlic. Whisking continually, add the oil in a slow, thin stream. Whisk until well blended.

Pour the dressing over the bean mixture and toss to coat well. Cover and refrigerate 1-2 days before serving.

### **Nutrition Information per serving:**

Calories: 121calories  
Carbohydrate: 12g  
Fat: 7g

Sodium: 172g  
Protein: 3.3g  
Fiber: 8g