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:**

<table>
<thead>
<tr>
<th>Calories: 121</th>
<th>Sodium: 172g</th>
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</thead>
<tbody>
<tr>
<td>Carbohydrate: 12g</td>
<td>Protein: 3.3g</td>
</tr>
<tr>
<td>Fat: 7g</td>
<td>Fiber: 8g</td>
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Recipe compliments of West Virginia University Cooperative Extension