

Four Bean Salad

Ingredients:

1 (15.5 oz) can of cut green beans
1 (15.5 oz) can of cut yellow wax beans
1 (15.5 oz) can of chickpeas/garbanzo beans
1 (15.5 oz) can of kidney beans
1 red onion, chopped
1 green bell pepper, seeded and chopped

for dressing:

1/2 cup of honey
1/2 cup of red wine vinegar
1 Tablespoon green onion, chopped
1 teaspoon season salt (or Mrs. Dash table blend)
1/2 teaspoon dry mustard

Directions:

In a medium bowl, combine green beans, yellow wax beans, chickpeas, kidney beans, red onion and green pepper.

In a bowl, blend together honey, vinegar, green onions, season salt and dry mustard. Pour over the bean mix. Cover and marinate for 4 hours, stirring occasionally.