

# Heart Healthy Recipes from Gwinnett Medical Center



## Three Bean Salad

- 1 pound green beans, trimmed and cut diagonally into 1-inch pieces
- 1 15-ounce can cannellini beans, drained and rinsed
- 1 15-ounce can kidney beans, drained and rinsed
- 1/4 cup minced shallots
- 4 tbsp white wine vinegar
- 1 tbsp extra-virgin olive oil
- 1 tsp Dijon mustard

### Preparation:

Steam or cook the green beans in a pot of boiling water for 3-4 minutes, until tender-crisp. Drain and plunge beans into cold water to stop cooking and retain color. Combine cooked green beans with cannellini beans, kidney beans and shallots in a large bowl. Whisk vinegar, oil and mustard and drizzle over bean mixture. Toss gently. Serve chilled or at room temperature.

Serves 6-8

**Per serving:** Calories 184, Calories from Fat 21, Total Fat 2.4g (sat 0.3g), Cholesterol 0mg, Sodium 281mg, Carbohydrate 30.4g, Fiber 9.5g, Protein 10.3g