

# BITS and BITES

## Simple Bean Salad

### Ingredients

- 2 cans beans, drained & rinsed
- 1 bell pepper, chopped
- 3-4 stalks of celery, diced
- ½ onion, chopped
- 1/3 cup fat-free Italian dressing
- Black pepper, to taste

### Directions

1. Combine all ingredients & mix well.
2. Add enough dressing to lightly coat the bean mixture.
3. Cover & chill before serving.

Beans are a great way to **stretch your budget & improve your family's nutrition**. They are an excellent source of **protein & fiber**, which help the body feel full faster & longer. A diet that includes beans has a number of benefits, including **controlling your weight, managing your blood pressure, & reducing your risk of heart disease**.

Don't be afraid to use what you have on hand to **make this recipe your own!**

- Any type of beans will work – try black beans, black eyed peas, or pinto beans.
- Add fresh, canned, or frozen corn. Chop up extra tomatoes.
- Like spice? Add jalapenos.

If you can't find "low-sodium" or "no salt-added" canned goods, just be sure to **rinse well** before using!

#### SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

This institution is an equal opportunity provider.

**NC STATE** EXTENSION

**Steps to Health**  
Supplemental Nutrition Assistance  
Program Education (SNAP-Ed)

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