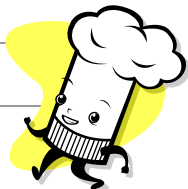

Three Bean Salad

5/3/2011 Weight Watchers meeting



Ingredients:

- 8 Oz. waxed beans
- 8 Oz. string beans
- 8 Oz. chick peas or kidney beans, well drained, not rinsed (Progresso)
- ½ Red pepper, chopped
- ¼ Red onion, chopped

Directions:

Place all ingredients in a bowl and toss lightly.

Dressing:

- ¼ Cup balsamic or red wine vinegar
- 2 Tablespoons olive oil
- 1 Teaspoon celery salt
- 1-2 Tablespoons real sugar
- 1 Clove garlic, minced (or jarred)

Shake dressing and pour over bean mix. Toss lightly.

Refrigerate 4-6 hours or overnight.

Makes 6 servings at 3 PPV each.

Serve with grilled chicken or shrimp with a sprinkle of fancy shredded parmesan cheese.