

Parent Night

RECIPE 3 Bean Salad



MATERIALS NEEDED

- Strainer
- Knife
- Measuring cups and spoons

KIDS CAN HELP:

- Open cans and rinse beans
- Wash and snap green beans
- Measure and combine ingredients
- Pour in vegetables
- Whisk mixture

TOTAL COST

\$1.44 per serving

\$16.64 for all ingredients

Ingredients

- 15-oz can kidney beans, drained and rinsed
- 15-oz can garbanzo beans, drained and rinsed
- 2 cups fresh green beans, cut into 1 in pieces
- 1/4 cup red onion, thinly sliced
- 2 tbsp parsley, chopped
- 1/3 cup apple cider vinegar
- 3 tbsp granulated sugar
- 1/4 cup olive oil
- 1/4 tsp salt
- 1/4 tsp pepper

Cost

SERVES: 4

PER SERVING: \$1.44

PER RECIPE: \$5.77

FOR ALL INGREDIENTS: \$16.64

Recipe

1. Bring a pot of salted water to a boil. Add the green beans and cook for 2 minutes or until just tender. Place the green beans in a bowl of ice water to cool, then drain and pat dry.
2. Place the kidney beans, garbanzo beans, green beans, red onion and parsley in a large bowl.
3. In a small bowl, whisk together the apple cider vinegar, sugar, olive oil, salt and pepper.
4. Pour the dressing over the beans and toss to coat. Cover the bowl and refrigerate the salad for at least 2 hours or up to three days, then serve.

Grocery List

- 16 oz can Kidney beans (\$1.29)
- 15.5 oz can Garbanzo beans (\$1.09)
- 15 oz Fresh green beans (\$2.99)
- 1 Red onion (\$0.31)
- 1 bunch Parsley (\$0.99)
- 16 oz Apple cider vinegar (\$0.89)
- 4 lb granulated sugar (\$2.29)
- 17 fl oz Olive oil (\$6.79)

*Prices based on United Supermarket, prices may vary. Store chosen based on availability