

3 Bean Salad

Harvest of the Month - Beans

Ingredients:

- 1 15 oz. can kidney beans, drained and rinsed
- 1 15 oz. can garbanzo beans, drained and rinsed
- 1 15 oz. can black beans, drained and rinsed
- 3/4 cup italian dressing
- 24 small paper cups and forks



Prep:

Use Class Cooking Kits to set-up 6 stations. Place beans separately in large bowls.

Directions:

In groups of 4, students will follow the recipe below:

1. Combine 1/2 cup kidney beans, 1/2 cup garbanzo beans, 1/2 cup black beans, and 2 tablespoons italian dressing in a bowl until well mixed.
2. Spoon into small paper cups.