

## Three Bean Pasta

Yield: 4-6 Servings

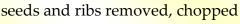
## **Ingredients:**

1 pound medium or wide egg noodles, uncooked

1 15-oz. can kidney beans, rinsed and drained

1 15-oz. can chickpeas, rinsed and drained

1 cup frozen green beans, thawed 1 small red onion, chopped 1 red bell pepper,



3 tablespoons Dijon mustard

2 tablespoons vegetable oil

<mark>3 tablespoons r</mark>ed wine vinegar

3 tablespoons chopped fresh parsley

## **Directions:**

- 1. Prepare pasta according to package directions; drain. Rinse under cold water and drain again.
- 2. In a large bowl, stir together the pasta, kidney beans, chickpeas, green beans, onion and bell pepper. In a small bowl, stir together the remaining ingredients.
- 3. Toss pasta with dressing and serve.

## Notes:

For added fiber, use whole grain pasta.

If time allows — before serving, chill this pasta dish in the refrigerator for an hour or more to allow flavors to blend.

Eat within two days of preparation for best quality and safety. Avoid letting the salad sit at room temperature for more than two hours, TOTAL time

Nutrition Facts per serving: calories, 374; protein, 14.7 g; carbohydrates, 59.6 g; fat, 9.3 g; cholesterol, 0 mg

**Source:** *Singing the Praises of Beans,* Alice Henneman, University of Nebraska-Lincoln Extension, Lancaster County.

