



## 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, seeds and ribs removed, chopped  
3 tablespoons Dijon mustard  
2 tablespoons vegetable oil  
3 tablespoons red 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.



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