

THREE BEAN SALAD

Serving: 1/2 cup

Vegetable and Meat Alternative

Preparation Tips:

- **Dill:** For *chopped dill*, wash and dry before chopping. Using a large knife and holding the bunch as closely together as possible, slice across from leaves to stem, using both. To *chop finely*, keep the point end down and rotate the knife as you chop OR chop by quickly raising and lowering the knife onto the parsley. If using a food processor DO NOT over chop and wrap in towel to keep dry.
- **Onions:** To *dice* remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half and lay the flat end down. Slice in one direction, then cut slices in the opposite direction. (For an alternative method, see page 16.)
- **Garlic:** For an *alternative to fresh garlic*, use whole peeled cloves or minced garlic in oil. To *use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) To remove skins, crush cloves with the flat of a large knife, then peel. To *mince*, use a food processor or mince by hand. *By hand*, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.
- **Green Beans** are sometimes available with ends snapped off. If you snap the ends yourself, you only need to snap one end.

NUTRITIONAL ANALYSIS PER SERVING

Calories	103	Vitamin A (IU)	5
Cholesterol (Mg)	0	Vitamin C (Mg)	6.25
Sodium (Mg)	137	Protein (G)	4.05
Fiber (G)	3.22	Carbohydrate (G)	10.24
Iron (Mg)	1.71	Total Fat (G)	4.5
Calcium (Mg)	54.14	Saturated Fat (G)	0.63