

Michigan Bean Salad

Ingredients:

1 pound great northern beans
 1/2 bunch parsley
 4 stalks celery
 12 cherry tomatoes
 3/4 cup light Italian salad dressing

Equipment:

Large saucepan with lid
 Cutting Board
 Knife
 Measuring cups
 Bowl

Number of Servings: 6
 Prep Time: 10 minutes
 Total Time: 1 hour &
 10 minutes

Directions

1. Wash and rinse great northern beans, add to large saucepan, and cover with cold water. Soak overnight. When ready to cook, drain water, and cover with fresh water.
2. Put saucepan on stove and turn on high. Cover and bring to a boil, reduce heat to simmer and cook until done. Drain and allow to cool.
3. While beans are cooking, remove stems from parsley and chop into small pieces, add to medium bowl.
4. Wash celery stalks and lay them on a cutting board. Cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. add to bowl.
5. Wash cherry tomatoes, and cut in half, add to bowl.
6. Add beans and dressing to bowl and mix well. Cover tightly and refrigerate.

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Nutrition Facts

Serving Size: 1 cup

Servings: 6

Amount Per Serving

Calories 27 Calories from Fat 36

%Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g 3%

Cholesterol 2mg 1%

Sodium 286mg 11%

Potassium 646mg 18%

Total Carbohydrate 29g 10%

Dietary Fiber 9g 37%

Protein 10g **21%**

Vitamin A 10% Vitamin C 28%

Iron 17% Calcium 10%

*Percent Daily Values are based on a 2,000 calorie diet.

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