Marinated Green Bean and Potato Salad

Serves 4

Ingredients:

- 1 can low-sodium green beans (drained, about 14 ounces)
- 1 can low-sodium potatoes (sliced, about 14 ounces)
- 1/4 cup unsalted Italian dressing (reduced fat)



Directions:

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- 1. Toss ingredients in a large bowl.
- 2. Cover and chill for at least an hour.

Tips: This can be served over lettuce for a light salad. For main dish salad, add 6 ounces of bite sized pieces of cooked turkey or ham. You can also try other canned vegetables like corn, carrots, or sweet peas instead of green beans.

Nutrition Facts

Serving Size (213g) Servings Per Container

Amount Per Serving	1	
Calories 90	Calories	from Fat 10
		% Daily Value
Total Fat 1g		2%
Saturated Fat	0g	0%
Trans Fat 0g		
Cholesterol 0m	g	0%
Sodium 125mg		5%
Total Carbohyd	Irate 17g	6%
Dietary Fiber	3g	12%
Sugars 2g		
B		

Protein 2g

Vitamin A 4%	•	Vitamin C	10%
Calcium 2%	-	Iron 10%	

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	2,000	2,500
Less than	65g	80g
Less than	20g	25g
Less than	300mg	300mg
Less than	2,400mg	2,400mg
е	300g	375g
	25g	30g
	Less than Less than Less than	Less than 20g Less than 300mg Less than 2,400mg e 300g

Kansas State University Agricultural Experiment Station and Cooperative Extension Service





This material was funded by USDA's Supplemental Nutrition This interial was indeed by Osbas Supplemental volution.

Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689

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Dietary Fiber		25g	30g
Calorine per area	mo:		

Fat 9 · Carbohydrate 4 · Protein 4





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