

# PINTO BEAN SALAD

*Pinto beans are a great source of healthy protein!*



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*Just Say Yes*

To Fruits & Vegetables

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**FIDELIS CARE**®

## PINTO BEAN SALAD

**SERVES 12 • SERVING: 1/2 CUPS**

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### INGREDIENTS:

- 2 cups cooked pinto beans
- 2 cored and chopped apples
- ¼ cup finely chopped celery
- ¼ cup diced green chilies
- 1½ tablespoons cider vinegar
- 1½ tablespoons vegetable oil
- ½ teaspoon onion powder
- ⅛ teaspoon hot sauce (optional)
- Salt and pepper, to taste

### DIRECTIONS:

1. Make the salad: in a medium bowl, mix together beans, apples, celery, and green chilies.
2. Make the dressing: in a small bowl, combine vinegar, vegetable oil, onion powder, and hot sauce. Mix well.
3. Pour dressing over the salad and toss.
4. Cover and refrigerate for 30 mins before serving.
5. Serve and enjoy!
6. Refrigerate leftovers.

**For more great recipes visit [www.foodbankst.org/jsy](http://www.foodbankst.org/jsy)**

Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.