

# 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:

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	
<b>Calories 90</b>	<b>Calories from Fat 10</b>
	% Daily Value*
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 125mg</b>	<b>5%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein 2g</b>	
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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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