

## **FOUR BEAN SALAD**

1 can chick peas, drained  
2 cans kidney beans, drained  
1 can northern white beans, drained  
Fresh green beans, blanched  
1 tomato, chopped

1 cucumber, sliced  
1 onion, finely chopped  
1 clove garlic, chopped  
Fat free Italian dressing

Mix all ingredients together, serve.