

Calico Beans

Serves 4

A tasty and simple way to add fiber to a meal.

- ½ cup onion, chopped
- 1 (28-ounce) can baked beans, undrained
- 1 (16-ounce) can kidney beans, drained and rinsed
- 1 (16-ounce) can lima beans, drained and rinsed
- ¼ cup ketchup
- 1 tablespoon brown sugar
- black pepper to taste

1. Preheat oven to 350° F.
2. Combine all ingredients in a medium baking dish.
3. Bake dish for 20-25 minutes or until beans are bubbly OR simmer in a saucepan until onions are tender and beans are heated through.

Nutrition information: calories 120, fat 0g, sodium 440 mg, carbohydrates 26 g, fiber 6g, protein 6g

Healthy Tip

Canned beans should be rinsed with cold water to lower the amount of salt in the meal. This is especially helpful for people who must follow a low salt diet.

