

Salad - Bean

Deborah Brownlee - DFAIT/MAECI

Ingredients:

- 14oz can green beans
- 14oz can yellow beans
- 14oz can kidney beans - rinsed well
- 14oz can mixed beans - rinsed well
- 1/2 cup chopped green pepper
- 3/4 cup white sugar
- 2/3 cup vinegar
- 1/3 cup corn or vegetable oil
- 2 medium onions (thinly sliced and separated into rings)
- 1 tsp. salt
- 1/4 tsp. pepper

Instructions:

- Drain liquid from beans. In a large bowl combine all ingredients and toss well
- Let stand overnight
- Will keep for several days in the fridge
- Makes enough for 6-8 servings

Salad - Chinese

Chantal Payer - DFAIT/MAECI

Ingredients:

- 1 Bag of baby spinach
- Optional: celery, red and green peppers, Mushrooms, Bean sprouts, Cashews, Raisins, Green onions, Fresh parsley, 1 Pack of dried Chinese noodles (square package)
- 1 Cup of vegetable oil
- 1 Cup of Soya sauce
- 2 Cloves of crushed garlic

Instructions:

- Mix vegetable oil, soya sauce and garlic (dressing)
- Crush and fry dried Chinese noodles in a pan with 2-3 tablespoons of dressing
- Let noodles cool to room temperature
- Mix all ingredients together
- Pour dressing 10 minutes before serving