



FABULOUS BEAN SALAD

INGREDIENTS:

SALAD

3 cups cooked green beans (cut into 1-inch pieces)

1 (15) ounce can salt-free black beans (or 1.5 cups cooked beans, drained and cooled)

1 (15) ounce can salt-free kidney beans (or 1.5 cups cooked beans, drained and cooled)

1 (15) ounce can salt-free garbanzo beans (or 1.5 cups cooked beans, drained and cooled)

1½ cups green peas (thaw first if frozen)

1½ cups corn kernels (thaw first if frozen)

½ cup finely chopped red onion diced scallions, (I like to use both)

INSTRUCTIONS:

1. Drain and rinse beans.
2. Place all of the salad ingredients (green beans, black beans, kidney beans, garbanzo beans, peas, corn, and onion) into a large bowl and mix well

TOMATO VINAIGRETTE

1 medium tomato, chopped

⅓ cup vinegar (I like white Balsamic)

2 tablespoons salt-free brown, spicy or Dijon mustard

1 tablespoon green onion

1 teaspoon ground cumin

1 medium clove garlic, sliced

1. Place all the vinaigrette ingredients (tomato, vinegar, mustard, cumin, and garlic) into a blender, and blend until smooth.
2. Pour over salad mix and stir until all beans and veggies are covered with vinaigrette.

This makes a lot of bean salad. Eat by itself or put on a bed of lettuce, quinoa, rice or potatoes. Enjoy it cold or hot.