

3-Bean Salad

Serves: 6

INGREDIENTS:

Salad:

- 1 can garbanzo beans (15-oz.), drained and rinsed
- 1 can kidney beans (15-oz.), drained and rinsed
- 1 can green beans (15-oz.), drained and rinsed
- 1 green pepper, chopped
- 2 stalks celery, chopped (optional)

Dressing:

- 1 Tbs sugar (more or less to taste)
- 1/3 cup apple cider vinegar
- 3 Tbs olive or vegetable oil
- Salt and pepper, to taste

INSTRUCTIONS:

1. In a large bowl, mix the beans, pepper, and celery, if using.
2. In a small bowl, mix the sugar, vinegar, oil, salt, and pepper to make the dressing.
3. Pour the dressing over the bean mixture and mix well.
4. Taste and adjust seasoning, if needed.
5. Chill before serving to allow the flavors to combine.

TIPS:

Substitute different beans you like and have on-hand.

To make this more filling, substitute out the green beans for another can of beans, like cannellini beans.

Add sliced green onions or diced red onion.

Add fresh or dried herbs, like parsley.

