

Zesty Three Bean Salad



Enjoy this quick to make, fiber filled, plant protein powered dish on its own as a side or use it to top your salad greens or whole grains for a complete meal.

YIELD 12 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

- 1 (15oz) can Black Eyed Peas, drained and rinsed
- 1 (15oz) can Chickpeas, drained and rinsed
- 1 (15oz) can Kidney Beans, drained and rinsed
- 1 each Cucumber, diced
- ½ each Red Bell Pepper, diced
- ½ each Red Onion, diced
- ⅓ cup Extra Virgin Olive Oil
- ⅓ cup Apple Cider Vinegar
- 2 Tbsp Dijon Mustard
- 2 tsp Honey
- 2 tsp Garlic Powder
- ¼ - ½ tsp Crushed Red Pepper Flakes (optional)
- ½ tsp Kosher Salt
- ¼ tsp Black Pepper

CHEF'S NOTES

This recipe comes together quickly thanks to canned beans. This recipe uses a mix of different shapes, colors, and textures but feel free to swap in whatever beans or legumes you have on hand. Other options to consider include:

- Black beans
- Cannellini/White beans
- Edamame
- Green beans
- Lentils
- Lima beans

This salad tastes better the longer it marinates. Store in the refrigerator for up to 4 days.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium bowl, combine the drained and rinsed beans and pat them dry with paper towels.
3. Add the cucumber, bell pepper, and onion to the bowl with the beans.
4. In a small jar or container with a tight-fitting lid, combine the remaining ingredients. Shake until well mixed then pour over the salad.
5. Transfer the dressed salad to the refrigerator and allow to rest for at least 10-15 minutes, or until ready to serve.

Nutrition Facts

12 servings per container

Serving size 1/2 cup (138g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 16g 6%

Dietary Fiber 4g 14%

Total Sugars 2g

Includes <1g Added Sugars 2%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.1mg 6%

Potassium 210mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

