

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 15 MIN	TOTAL TIME 30 MIN
------------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

6 oz	Green Beans, ends trimmed (about 1½ cups)
1 (15oz) can	Black Eyed Peas, drained and rinsed
1 (15oz) can	Kidney Beans, drained and rinsed
1 each	English 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
- Chickpeas
- 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. Prepare all ingredients as described above.
2. In a medium saucepot, over high heat, bring water to a boil. While waiting for the water to boil, prepare an ice water bath in a medium bowl filled with ice and water. Set aside.
3. Once the water is boiling, add the green beans to the pot of water and blanch them until they turn bright green and become tender, about 3-4 minutes. Using tongs or a slotted spoon, remove the green beans from the pot and put them in the ice water to cool and stop the cooking process. Once cooled, remove the beans from the ice bath and use a colander/strainer to drain them.
4. Cut the cooked green beans into one-inch pieces and add them to a medium bowl. Add the drained and rinsed black eyed peas, kidney beans, cucumber, bell pepper, and onion to the bowl with the green beans.
5. In a small jar or container with a tight-fitting lid, combine the remaining ingredients. Shake until well mixed then pour over the salad.
6. 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 110

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes <1g Added Sugars 2%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.9mg 4%

Potassium 180mg 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.

