

Lori Dulaney's Bean Salad

I started with this recipe, but used what I had around the house: different beans (garbanzo x 2 cans, black & pinto = 4 cans total), a couple of tbsps of chopped basil for the rosemary & about a cup of curly leaf parsley (chopped) from the garden, and I added corn (small can) & a fresh jalapeño pepper (diced). For the dressing, I added about ~1/4 cup of cranberry juice and a few tablespoons each of lemon & lime juice, and sprinkled in some red wine vinegar (4-5 shakes) to the ingredients listed above. Sometimes my crazy substitutions work and other times not, but I keep experimenting! Enjoy and feel free to post or pass on if you like.

Ingredients

1 15-oz can cannellini beans, rinsed and drained
1 15-oz can kidney beans, rinsed and drained
1 15-oz can garbanzo beans, rinsed and drained
2 celery stalks, chopped fine
1/2 red onion, chopped fine
1 cup fresh, finely chopped flat-leaf parsley
1 Tbsp fresh finely chopped rosemary

1/3 cup apple cider vinegar
1/3 cup granulated sugar
1/4 cup olive oil
1 1/2 teaspoons salt
1/4 teaspoon black pepper

Method

- 1 - In a large bowl, mix the beans, celery, onion, parsley and rosemary.
- 2 - In a separate small bowl, whisk together the vinegar, sugar, olive oil, salt, and pepper. Add the dressing to the beans. Toss to coat.
- 3 - Chill beans in the refrigerator for several hours, to allow the beans to soak up the flavor of the dressing.

Serves 4 to 8.

Lori D.