

THREE BEAN SALAD

4 to 8 servings | 10 mins

INGREDIENTS

Note: Prep the onion first. Soak the chopped onion in a small bowl of water to take the edge off the onion while you prep the other ingredients

For the salad:

- 1 (15-ounce) can cannellini beans, rinsed and drained
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (15-ounce) can garbanzo beans, rinsed and drained
- 1/2 red onion, finely chopped (about 3/4 cup), soaked in water to take the edge off the onion
- 2 celery stalks, finely chopped (about 1 cup)
- 1 cup loosely packed, fresh, finely chopped flat-leaf parsley
- 1 teaspoon fresh finely chopped rosemary

For the dressing:

- 1/3 cup apple cider vinegar
- 1/4 cup granulated sugar (more or less to taste)
- 3 tablespoons extra virgin olive oil
- 1 1/2 teaspoons salt
- 1/4 teaspoon black pepper

METHOD

Make the salad:

In a large bowl, mix the 3 different types of beans, the celery, onion (drained of soaking water), parsley, and rosemary.

Make the dressing:

In a separate small bowl, whisk together the vinegar, sugar, olive oil, salt, and pepper. Add the dressing to the beans. Toss to coat.

Chill and serve:

Transfer the salad to the refrigerator for several hours, to allow the beans to soak up the flavor of the dressing. Let come to close to room temperature to serve.



Recipe Found at: https://www.simplyrecipes.com/recipes/three_bean_salad/