

## Ridiculously Easy Bean Salad

An earthy salad filled with fiber that will make a perfect side dish for lunch or dinner. With the tangy dressing, this easy salad will be enjoyed.

Preparation Time: 10 min.    Cooking Time: 0 min.    Servings: About 6 Cups

Amount	Ingredient	Cost – date:
3 (15 oz) cans	Beans, drained and rinsed or use 4 1/2 cups cooked beans	
1/2 (about 3/4 cup)	Onion, medium, finely chopped	
1 ( about 2 cups)	Cucumber, medium, finely chopped	
3 Tbsp	Capers, drained	
1/2 cup	Fresh Parsley, finely chopped	
3/4 tsp	Oregano, dried	
For Dressing:		
1/4 cup	Red Wine Vinegar	
1/4 cup	Extra-Virgin Olive Oil	
1 tsp	Dijon Mustard	
1-2 tsp	Honey or Maple Syrup. Optional	
3/4 tsp	Fine Sea Salt, plus more to taste	
1/4 tsp	Black Pepper, freshly ground	
	Cost for the total recipe:	
	Cost for 1 serving:	

### Preparation:

1. Add chopped onions to a small bowl and cover with cold water. Set aside for 5 minutes, drain, and then rinse. *(This step helps to remove some of the “raw” flavour of the onion so that it does not overpower the salad.)*
2. Meanwhile, in the bottom of a large bowl, whisk together the vinegar, olive oil, mustard, salt and pepper. Taste the dressing and then adjust with more salt/pepper. If the dressing tastes too abrasive, whisk in 1 to 2 teaspoons of honey or maple syrup to balance out the vinegar.
3. Add the beans, drained onion, cucumber, parsley, capers and dried oregano.
4. Toss well, cover and chill in the refrigerator at least 1 hour to allow the beans to marinate in the dressing. The salad will keep stored in an airtight container in the fridge up to 4 days.

### **Tips**

- For the beans, you can use chickpeas, black beans and pinto beans. You can use these or other cooked or canned beans for the salad.
- Fresh herbs: Parsley is classic in this salad, but other fine herbs work nicely, too. Try basil, mint, dill, cilantro or tarragon. When using tarragon, use a bit less than what is called for in the recipe above since it has a stronger flavour.
- Dried herbs: You can use dried oregano in this salad, but other herb blends will work nicely. Try an Italian, Mediterranean or French dried spice blend.

SOURCE: [Ridiculously Easy Bean Salad \(inspiredtaste.net\)](http://inspiredtaste.net)

**Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!**