



Three Bean Salad

Serves 6 to 12 depending on the rest of the menu

This salad is a classic. It's available at many delis and comes prepackaged in jars. Unfortunately, most of those include a lot of sugar; I find them much too sweet.

This is so easy to make, especially if you use frozen green beans, which honestly are just as good as fresh in this application.

Ingredients

For the Salad

- 1 bag frozen cut green beans (12 oz)
- 1 can chickpeas, rinsed
- 1 can kidney beans, rinsed
- 1 stalk celery, sliced
- 1 small onion, sliced

For the Dressing

- ¼ C apple cider vinegar
- 2/3 C safflower or canola oil
- 2 tsp Dijon mustard
- 1 TBSP honey or agave nectar

Directions

1. In a medium bowl toss beans, celery & onion together.
2. In a small bowl combine all dressing ingredients; taste for seasoning, add salt & pepper.
3. Toss dressing with salad.

Remove from refrigerator about ½ hour before serving.

