

three bean salad

Serves: 12

Prep and Cook time: 15 min

Per serving: 428 calories, 8 g fat, 74 mg sodium

1 small onion (½ cup chopped)

2 celery stalks

¼ cup fresh cilantro or parsley leaves(optional)

¼ cup olive oil

3 OR 4 TBS sugar

1 can (15 oz) black beans

1 can (15 oz) red beans, such as kidney beans

1 can (15 oz) chickpeas

1 cup frozen yellow corn kernels

¼ cup red wine vinegar

½ tsp garlic powder

¼ tsp salt, or to taste

¼ tsp black pepper, or to taste

1. Place all the beans and the frozen corn in a large colander and rinse with cool tap water. Shake to drain well. Place the beans and corn in a medium-size bowl.

2. Peel and finely chop the onion and add it to the bean mixture. Thinly slice the celery and add it to the bowl. Coarsely chop the cilantro or parsley (if using) and add it to the bowl. Toss gently to mix the vegetables.

3. Pour the oil into a 2-cup glass measure. Whisk in the vinegar, garlic powder, sugar, salt, and black pepper. Pour the dressing over the bean mixture and stir until well coated. Serve at once or cover chill until ready to serve, up to 24 hours.