

Mediterranean Three Bean Salad – serves 6

Protein and fiber rich legumes, green beans, and flavorful herbs make for a fresh and easy lunch that gets better with time!

1 pound green beans, trimmed and blanched

1 can kidney beans, rinsed

1 can chickpeas, rinsed

¼ cup red wine vinegar

1 teaspoon Dijon mustard

1 teaspoon honey or maple syrup

2 cloves garlic, pressed

½ teaspoon sea salt

½ teaspoon black pepper

¼ cup plus 2 Tablespoons olive oil

¼ cup fresh oregano or basil, coarsely chopped

baby lettuces or arugula, optional

Bring a large pot of salted water to a boil. Drop trimmed beans in and blanch until bright green, about 3 minutes. Remove to a colander and rinse with cold water. Thoroughly pat dry and cut crosswise into 1 inch lengths.

Place dressing ingredients in a lidded jar and shake to combine. Toss canned beans and green beans together in a large bowl and pour dressing over, tossing to combine. Add fresh herbs and toss again. Flavors will continue to develop the more time ingredients marinate.

Serve over baby greens if desired.

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Chef C's cooking notes:

- Doubling the vinaigrette ingredients and saving half will get you 1 step ahead of the game next time when you need a marinade for chicken or fish or a dressing for salad greens.