

Mediterranean Three Bean Salad – serves 6

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

- 1 pound green beans, trimmed and blanched
- 1 can red kidney beans, rinsed
- 1 can chickpeas, rinsed
- ½ red onion, thinly sliced
- 2 stalks celery, sliced
- 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, basil, or a combination of both, coarsely chopped
- Baby lettuces or arugula, optional
- Crumbled goat or feta cheese, 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 into a 1 pint lidded jar and shake to combine.

Place all of the beans and onion in a large bowl and pour the dressing over, tossing to combine.

Serve over baby greens with a sprinkling of goat or feta cheese if desired.

Chef C's cooking notes:

- This is the perfect make ahead dish since flavors continue to develop over time.
- Doubling the vinaigrette ingredients and saving half will put you one step ahead of the game next time you need a marinade for chicken, fish, lentils, or salad greens.

