

BEAN SALAD



INGREDIENTS

For the salad:

- 1 red onion, finely diced
- 500g green beans, chopped into chunks and lightly steamed
- ½ green capsicum, finely diced
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- 1 large stalk celery, finely diced
- 8 snow peas, finely diced
- 400g cannellini beans
- 400g mixed beans
- 3 cloves garlic, finely diced

For the dressing:

- 2 tbs fresh parsley, finely chopped
- 2 tbs sugar
- 2 tbs oil
- 6 tbs vinegar
- ½ cup Italian salad dressing
- salt and pepper to taste

PREPARATION TIME: 10 MINS

SERVES: 8+

METHOD

1. Combine all salad ingredients in a bowl.
2. Mix together the dressing ingredients and pour over the salad. Stir to combine well before serving.

REHEATING, STORAGE & LEFTOVERS

- * Cover and store your salad in the fridge. It tastes better the next day!

VARIATIONS & TIPS

- * Only lightly steam your green beans so they keep their colour and stay crunchy. You can also just keep them raw.
- * I use tinned cannellini and mixed beans for this recipe, however you can use dried beans instead, just remember to soak them well first.
- * You can use any combination of beans you like! Try adding chick peas for added nutrition and texture.
- * If you don't have a good organic or additive free Italian salad dressing, you can replace with a homemade dressing.

NOTE

Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to confirm there are no nasties in your ingredients.