

Mediterranean Bean Salad



Ingredients:

Salad:

3 (15ounce) cans of any beans like black, pinto navy or kidney, drained and rinsed
1 chopped large red bell pepper
1 diced medium cucumber
1 tablespoon capers or chopped green olives
1 cup chopped fresh parsley
10 fresh basil leaves
10 fresh mint leaves

Dressing:

2 garlic cloves, minced
1 tablespoon Dijon mustard
2 tablespoons lemon juice
6 tablespoons extra virgin olive oil
Salt and black pepper, to taste

Directions:

Mix salad in a large bowl. Mix dressing ingredients and stir in the salad.

Makes 6 servings.

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Tarrant County Public Health
<http://health.tarrantcounty.com>