



Easy Bean Salad

- Prep: 10 min Makes 6 cups

The beans you choose to use for this simple bean salad could be either canned or home cooked beans; When using canned, drain and rinse the beans first before adding to the salad.

Ingredients:

- 3 (15oz) cans beans, drained and rinsed or use 4 ½ cups cooked beans
- 1/2 medium onion, finely chopped (about 3/4 cup)
- 1 medium cucumber, finely chopped (about 2 cups)
- 3 tablespoons drained capers
- 1/2 cup (60g) finely chopped fresh parsley, see notes
- 3/4 teaspoon dried oregano, see notes

Dressing:

- 1/4 cup (60ml) red wine vinegar
- 1/4 cup (60ml) extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1 to 2 teaspoons honey or maple syrup, optional
- 3/4 teaspoon fine sea salt, plus more to taste
- 1/4 teaspoon fresh ground black pepper

Directions:

Add chopped onions to a small bowl and cover with cold water. Set aside for 5 minutes, drain, and then rinse. *This step helps to remove some of the “raw” flavor of the onion so that it does not overpower the salad.*

Meanwhile, in the bottom of a large bowl, whisk together the vinegar, olive oil, mustard, salt and pepper. Taste the dressing and then adjust with more salt/pepper. If the dressing tastes too abrasive, whisk in 1 to 2 teaspoons of honey or maple syrup to balance out the vinegar.

Add the beans, drained onion, cucumber, parsley, capers and dried oregano. Toss well, cover and chill in the refrigerator for at least 1 hour to allow the beans to marinate in the dressing.

The salad will keep stored in an airtight container in the fridge for up to 4 days.