

BEAN SALAD

BY: THE SHORTLISTS



SALAD

3 cans of beans (such as chickpeas, kidney beans, black beans, etc. Mix it up for color and flavor)
2 tomatoes, diced
1 yellow pepper, diced
3 scallions, chopped
1/2 cup frozen corn, defrosted (optional)
1 cucumber (optional)
1/2 bunch parsley, chopped

DRESSING

lime or lemon juice (to taste)
extra virgin olive oil
salt & pepper

Drain and rinse the beans. Mix the beans, pepper, tomatoes, scallions and cucumber and corn if using. Mix in half the parsley.

In a small bowl, mix about 1/3 cup olive oil, lime juice and salt and pepper to taste. Pour the dressing over the beans and stir to coat. Taste some beans and add more dressing if needed. Garnish with remaining parsley.

Store in the fridge up to a week. Serve as a side, or mix with tuna or feta for a light meal.