

3 Bean Salad

Ingredients:

- 1 15-oz can cannellini beans, rinsed and drained
- 1 15-oz can kidney beans, rinsed and drained
- 1 15-oz can garbanzo beans, rinsed and drained
- 2 celery stalks, chopped fine
- 1/2 red onion, chopped fine
- 1 cup fresh, finely chopped flat-leaf parsley
- 1 Tbsp fresh finely chopped rosemary
- 1/3 cup apple cider vinegar
- 1/4 cup organic sugar substitute or Stevia. If you use Stevia, you won't need as much.
- 1/4 cup olive oil
- 1/2 teaspoons sea salt
- 1/4 teaspoon black pepper

Directions:

1. In a large bowl, mix the beans, celery, onion, parsley and rosemary.
2. In a separate small bowl, whisk together the vinegar, sugar, olive oil, salt, and pepper to make dressing.
3. Add the dressing to the beans.
4. Toss.
5. Chill beans in the refrigerator for several hours,

Note:

Place bean salad in a mason jar or other glass jar with a lid. You can then leave it in the refrigerator for an easy snack to grab a quick bite. The longer the beans soak, the better the flavor.



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