Three Bean Salad + tips

Recipe by Chef Jen

Ingredients:

1 15-oz can reduced sodium cannellini beans, rinsed and drained
1 15-oz can reduced sodium kidney beans, rinsed and drained
1 15-oz can reduced sodium garbanzo beans, rinsed and drained
2 celery stalks, chopped fine
1/2 red onion, chopped fine
1 cup fresh, finely chopped flat-leaf parsley
1/3 cup apple cider vinegar
1/3 cup granulated sugar
1/4 cup olive oil
1 1/2 teaspoons salt
1/4 teaspoon black pepper

Optional: top with 1 diced, ripe avocado

Preparation:

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. Add the dressing to the beans. Toss to coat. Gently fold in avocado, if desired.

3 Chill beans in the refrigerator for several hours

Tips:

Celery- Use leftover celery for a snack with hummus or ranch. For the kids: Ants on a log-spread peanut butter inside celery and top with raisins. Or Ants off the log, peanut butter inside celery with raisins on the side.

Red onion- use other half to top sandwiches, or sauté down to make a topping for pizza.

Parsley- add to any salad for added zing.