

Tangy Bean Salad

INGREDIENTS

- 1, 15.5oz can garbanzo beans
- 1, 15.5oz can black beans
- 1, 15.5oz can cannellini beans
- 1, 15oz can no-sugar added mandarin oranges
- 3/4 cup red onion, diced
- 1/3 cup fresh parsley, finely chopped

Dressing:

- 1/3 cup apple cider vinegar
- 2 tablespoons honey
- 3 Tbsp olive oil
- 1 tsp salt
- 1 tsp ground black pepper

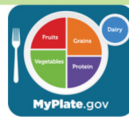
SERVINGS: 6

SERVING SIZE: 1 CUP

TIME: 20 MINUTES



Adapted from:
donuts2crumpets.com



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

This institution is an equal opportunity provider.

Tangy Bean Salad

INGREDIENTS

- 1, 15.5oz can garbanzo beans
- 1, 15.5oz can black beans
- 1, 15.5oz can cannellini beans
- 1, 15oz can no-sugar added mandarin oranges
- 3/4 cup red onion, diced
- 1/3 cup fresh parsley, finely chopped

Dressing:

- 1/3 cup apple cider vinegar
- 2 tablespoons honey
- 3 Tbsp olive oil
- 1 tsp salt
- 1 tsp ground black pepper

SERVINGS: 6

SERVING SIZE: 1 CUP

TIME: 20 MINUTES



Adapted from:
donuts2crumpets.com



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

This institution is an equal opportunity provider.

Tangy Bean Salad

PROCEDURE

1. Drain and rinse all three kinds of beans. Drain the mandarin oranges.
2. In a large mixing bowl, add all three kinds of beans and mandarin oranges.
3. Dice and chop the red onion and parsley. Add to bowl.
4. In a smaller mixing bowl, whisk together the apple cider vinegar, honey, olive oil, salt, and pepper until well combined.
5. Pour the dressing over the bean mixture and toss together lightly.
6. Cover with lid and let sit in the refrigerator for at least an hour or until ready to serve.

Tangy Bean Salad

PROCEDURE

1. Drain and rinse all three kinds of beans. Drain the mandarin oranges.
2. In a large mixing bowl, add all three kinds of beans and mandarin oranges.
3. Dice and chop the red onion and parsley. Add to bowl.
4. In a smaller mixing bowl, whisk together the apple cider vinegar, honey, olive oil, salt, and pepper until well combined.
5. Pour the dressing over the bean mixture and toss together lightly.
6. Cover with lid and let sit in the refrigerator for at least an hour or until ready to serve.