

Bean Salad (for every occasion) by Ashley Madden

This is a tangy, easy-to-make bean salad! It's a great high protein lunch and it's also ideal for sharing, especially at potlucks or large gatherings where the food is served buffet style. I've offered three different versions of this salad: the basic version, the Crisp Veggie version, or the Mediterranean version (my favorite)!

Makes 6 to 8 servings

INGREDIENTS

Vinaigrette

3 tablespoons (45 ml) red wine vinegar
3 tablespoons (45 ml) lemon juice
1 garlic clove, finely minced
1 teaspoon dried oregano
½ teaspoon dried basil
1½ teaspoons smooth Dijon mustard
¼ sea salt or to taste
Pinch black pepper or to taste

Basic Bean Salad

1½ cups cooked or canned black beans, drained and rinsed (1 x 15 ounce/425 g can)
1½ cups cooked or canned kidney beans, drained and rinsed (1 x 15 ounce/425 g can)
1½ cups cooked or canned chickpeas, drained and rinsed (1 x 15 ounce/425 g can)
1 cup (185 g) cooked and cooled quinoa

Crisp Veggie

1 batch Basic Bean Salad
1 red bell pepper, seeds and stem removed, diced
½ English cucumber, diced
1 cup (25 g) baby spinach or baby arugula

Mediterranean

1 batch Basic Bean Salad
1 (398 ml) can or bottle artichoke hearts, packed in water (8-10 hearts), drained and chopped
½ cup (80 g) pitted and sliced black or green olives
3 scallions, thinly sliced

HOW-TO

First, whisk together the vinaigrette ingredients in a small bowl. Set aside.

Next make the Basic Bean Salad (which is the base for the other versions as well) by adding the beans and quinoa to a medium salad bowl. Add the vinaigrette and mix. Serve immediately or you can let it marinate in the fridge for up to 3 hours. Serve this basic version or add the other ingredients from the Crisp Veggie or Mediterranean versions and toss.

If making the Crisp Veggie version and choosing to marinate in the fridge, add the vegetables right before serving so they stay fresh and crunchy.

Leftovers of all versions can be refrigerated in a sealed container for up to 3 days.

VARIATIONS

You can also serve this bean salad in sturdy lettuce cups, a pita or whole grain wrap with avocado or any other toppings you love.



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