

The ultimate mixed bean salad

This version is sure to please with its fresh taste and colourful hues. Make this salad a day ahead to let the zippy dressing soak into the beans.



Vegetarian



30 mins or less



PREP TIME
15 min



COOK TIME
5 min



SERVINGS
8

Ingredients

- 227 g (8 oz) green beans, trimmed
- 227 g (8 oz) yellow beans, trimmed
- 250 mL (1 cup) shelled soy beans (edamame)
- 1 can (540 mL/19 oz) sodium reduced chickpeas, drained and rinsed
- 2 stalks celery, thinly sliced
- 2 green onions, sliced
- 1 large red bell pepper, chopped
- 60 mL (1/4 cup) apple cider vinegar
- 15 mL (1 tbsp) Dijon mustard
- 15 mL (1 tbsp) canola oil
- 2 mL (1/2 tsp) fresh ground pepper
- 60 mL (1/4 cup) each chopped fresh basil and parsley or mint

Directions

1. In a saucepan of boiling water, cook green and yellow beans and soy beans for 3 minutes, drain well and rinse under cold water to chill. Cut green and yellow beans into 5 cm (2 inch) pieces. Set bean mixture aside.
2. Meanwhile, in a large bowl, combine chickpeas, celery, green onions and red pepper. Add bean mixture to bowl.
3. In a small bowl, whisk together vinegar, mustard, oil and pepper. Pour over bean mixture and toss to coat. Add basil and parsley and toss again.

Tips

- ✓ You choose the beans. If you prefer, use **all green beans** or **all yellow beans**.
- ✓ If shelled soy beans are not available use **lima beans** or 250 mL (1 cup) of your favourite sodium reduced canned bean, drained and rinsed.
- ✓ **Little chefs** can help trim the beans using their hands to snap off the ends. They can also whisk the dressing together.
- ✓ **This salad keeps on giving.** Make ahead, cover and refrigerate for up to two days. Pack some salad with a handful of cheese and crackers for a quick and easy lunch.

