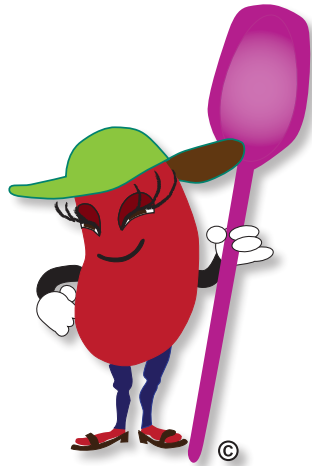


Beans, Rice And Everything Nice

Three Bean Salad

original recipe by
beansriceeverythingnice.weebly.com



Salad

- 2 cups cooked or 1 can chickpeas, drained and rinsed
- 2 cups cooked or 1 can kidney beans, drained and rinsed
- 2 cups fresh or frozen green beans, lightly cooked and cut into 2" pieces
- 3 green onions, trimmed and sliced
- 1/2 cup parsley, minced
- 1/4 cup fresh dill, tender stems only, coarsely chopped
- 1 teaspoon dried dill weed (optional)

Dressing

- 1/4 cup Dijon mustard
- 1/4 cup apple juice or apple juice concentrate
- 1 teaspoon rice vinegar



1. Put all the salad ingredients in a large mixing bowl.
2. Mix the dressing ingredients together in a measuring cup. Pour the dressing over the salad and mix well. Serve immediately, or marinate in the refrigerator for 1 hour or more before serving.

Tip: Lightly cook the frozen green beans as per the instructions on the package. Be careful not to overcook. I microwaved them for about 4 minutes. Rinse in cool water to stop the cooking process before adding to the salad.