

Our State eats

Published in the May 2017 issue of Our State

Tangy Three-Bean Salad

Yield: 6 servings.

- ½ cup apple cider vinegar**
- ¼ cup sugar**
- ¼ cup canola oil**
- 1 teaspoon salt**
- ½ teaspoon black pepper**
- 1 can kidney beans, rinsed and drained**
- 1 can black beans, rinsed and drained**
- 1 can chickpeas, rinsed and drained**
- 1 can white shoepeg corn, drained**
- 1 green bell pepper, finely chopped**
- ¼ cup fresh flat-leaf parsley, chopped**
- 2 tablespoons finely chopped red onion**

In a small mixing bowl, whisk together vinegar and sugar until sugar dissolves. Continue whisking and slowly add canola oil. Whisk in salt and pepper, and set aside.

In a large mixing bowl, combine kidney beans, black beans, chickpeas, corn, bell pepper, parsley, and onion. Pour dressing over beans and toss. Refrigerate for a minimum of 4 hours before serving. After 2 hours, toss again so that dressing coats all the ingredients.



Subscribe to the Our State Eats newsletter and get recipes weekly.
Go to ourstate.com/os-newsletters