

5 minute Bean Salad

- 1 can **Black Beans**, drained and rinsed under water (or pinto, garbanzo, kidney, etc.)
- 1 can of **Chickpeas** (Garbanzo Beans)
- 1 cup **Frozen Corn**
- ½ **Red Pepper**, diced into ½ inch pieces
- ½ **English Cucumber**, (no need to peel), diced into ½ inch pieces
- 1 cup of **Marinated Artichokes**, drained (optional - tastier to use than plain artichokes in a can)
- 2 TBS. **Red Onion**, minced (optional)
- ¼ tsp. of fresh **lemon or lime juice**
- 1 TBS. **Balsamic Vinaigrette**, or more if needed(home-made or store bought/no artificial ingredients)
- salt and pepper to taste

Dump all ingredients together and mix. Add salt/pepper to taste, add more dressing if desired.

- This bean salad is great to put on top of mixed greens.
- Add ½ avocado - sliced
- Add lean protein – (leftover chicken, fish, etc.)
- Sprinkle a little bit of almonds, walnuts
- If really want cheese – just a tablespoon of it
- Add sweetness – ripe pear/apple/mango – dried fruit

2 minute Balsamic Vinaigrette

- 2 TBS. **Olive Oil**
- 3 TBS. **Grapeseed Oil**
- 1 TBS. **Water**
- 2 TBS. **Balsamic Vinegar**
- 1 TBS. **Maple Syrup**
- ½ tsp. **Kosher or Sea Salt** (if using table salt, use ¼ tsp.)
- ¼ tsp. **Black Pepper**
- 1 TBS. minced **Shallots** (optional)

Mix all ingredients together and shake. Makes about 1 cup. Will keep in fridge for a couple of weeks.