

Mediterranean Bean Salad

Prep Time
15 minutes

Makes
8 servings



Ingredients

- 2 cans red kidney beans (15 ounces each), rinsed and drained, or 3 cups cooked kidney beans
- 1 can chickpeas (15 ounces), rinsed and drained, or 1½ cups cooked chickpeas
- 1 small red onion, diced (about 1 cup)
- 2 stalks celery, sliced in half or thirds lengthwise and chopped (about ¾ cup)
- 1 medium cucumber, peeled, seeded and diced
- ¾ cup chopped fresh parsley
- ¼ cup extra-virgin olive oil
- ¼ cup lemon juice (about 1½ lemons)
- 3 cloves garlic, pressed or minced
- ¾ teaspoon fine salt
- Small pinch red pepper flakes

Directions

1. In a small bowl, whisk together the olive oil, lemon juice, garlic, and salt until well blended. Pour the dressing over the salad and stir until combined.
2. In a serving bowl, combine the prepared kidney beans, chickpeas, onion, celery, cucumber, and garnish with parsley.
3. Serve immediately for the most flavor, or let it marinate in the refrigerator, covered, for a couple of hours. Leftovers will keep well, covered and refrigerated, for up to 4 days. If necessary, wake up leftovers with a little sprinkle of salt or drizzle of lemon juice.