

Black and White Bean Salad

Yields 6-8 servings.

Ingredients:

1 can (16 ounces) great northern beans, rinsed and drained
1 can (16 ounces) black beans, rinsed and drained
1-1/4 cups chopped seeded tomato
1-1/2 cups diced sweet red or yellow pepper
3/4 cup thinly sliced green onions
1/2 cup salsa
3 tablespoons red wine or cider vinegar
2 tablespoons minced fresh parsley or cilantro
1/4 teaspoon salt
1/8 teaspoon pepper

Directions:

Combine first five ingredients in a large bowl. In a small bowl, combine salsa, vinegar, parsley/cilantro, salt and pepper. Pour over bean mixture; toss to coat. Cover and chill for at least an hour.

Notes from Heather:

I think using a good quality cider vinegar and opting for cilantro (and more than 2 tablespoons) yields a really tasty result. Sometimes I add corn, edamame, and/or green pepper, especially if I don't have enough tomatoes or sweet peppers in the house. I rarely use that much green onion, and sometimes use red onion and/or chives instead. I love that there is NO OIL in this dressing and that it has lots of protein!

(Recipe from Home-Style Soups, Salads and Sandwiches, © 1996.)