



Cold Kidney Bean, Garbanzo & Cucumber Salad

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

**TIME SAVER

FOOD BANK ITEMS: CANNED RED KIDNEY BEANS AND GARBANZO BEANS



Ingredients

- 1-16 ounce can red kidney beans
- 1-16 ounce can garbanzo beans
- 1 large cucumber
- 2 celery stalks
- 1 fresh squeezed lemon or lemon juice
- 3 to 4 tablespoons of extra virgin olive oil or regular olive oil
- 12 cherry tomatoes or 2 large tomatoes
- ½ small red onion
- ½ bunch parsley
- salt and pepper

Directions

1. Open cans, pour out juices and rinse beans with water – Place into large mixing bowl
2. Dice the cucumbers, celery stalks, red onion – Place in bowl
3. Finely chop the parsley – Place in bowl
4. Slice cherry tomatoes in half or dice large tomatoes – Place in bowl
5. Drizzle in the dressing, toss it all together and let it sit for 5 minutes so all ingredients can marinate together before serving.

Dressing Ingredients

1. Squeeze 1 whole lemon (without seeds) into separate bowl
 2. Measure in olive oil - Whisk together or stir vigorously with fork and taste. Mild but tarte taste.
 3. Slowly add in salt and pepper to taste
 - TIP – You can't take away saltiness, but you can always add
- **Timesaver – No ingredients to make your own dressing? Use a simple store-bought Italian dressing and lightly pour in bowl to taste.

BONUS – Make this a main dish by adding in cooked elbow pasta. Kick it up a notch by sprinkling in chili flakes to add flavor and interest.

