

Jenny's Bean Salad

Bean salad is best made in advance so it has a chance to marinate. Overnight is best but refrigerate it for at least an hour. My bean salad is never the same twice. I sometimes use fresh cooked yellow wax beans, canned black, pinto, or lima beans, and orange, yellow or green peppers. Beans are a good source of calcium and fiber and they contain hyaluronic acid, which hydrates the skin and increases collagen production.

1/4 lb. fresh green beans
1/2 of a red pepper, chopped
1/2 cup chopped red onion
one 15 oz. can red kidney beans, drained and rinsed
one 15 oz. can cannellini beans, drained and rinsed
one 8 oz. can garbanzo beans, drained and rinsed
1 Tablespoon chopped fresh parsley

1. Cut the green beans into one-inch pieces and steam or boil for about 5 minutes until they are crisp-tender.
2. Place beans thru parsley into a large glass bowl.
3. Whisk together the dressing ingredients and add to beans. Serve with a slotted spoon.

Dressing:

1/4 cup olive or canola oil
2 Tablespoons red wine vinegar
1/2 teaspoon Dijon mustard
1 clove garlic, minced
1/8 teaspoon salt
pepper to taste

*makes 6 to 8 side servings