

Mediterranean Bean Salad

This Mediterranean Bean Salad is a colorful, nutrient-packed dish providing protein, fiber, vitamins, and minerals. This recipe is easy to prepare and perfect for any occasion. Serve it as a side dish, salad, or even with pita bread and hummus! It is a great meal to prep for the week and bring to work for lunch!

Ingredients:

1 15oz can chickpeas rinsed, drained
1 15oz can cannellini beans, rinsed, drained
1 15 oz red canned kidney beans, rinsed, drained
1 medium cucumber, diced
1 cup cherry tomatoes, halved
1 medium red bell pepper, diced
1 medium yellow bell pepper, diced
1 small red onion, diced
½ cup canned black olives, pitted, halved
¼ cup feta cheese
Optional: fresh basil or parsley for garnish

Dressing

3 tbsp olive oil
2 tbsp red wine vinegar
2 tbsp lemon juice
2 garlic cloves, minced
½ tsp ground dried oregano
Pinch of red pepper flakes
Salt and black pepper to taste

Directions:

1. Drain and rinse the chickpeas, cannellini beans, and kidney beans.
2. Chop the medium cucumber, cherry tomatoes, medium bell peppers, small onion, and olives.
3. In a large bowl, combine the beans, chopped vegetables, and feta cheese together.
4. In a small bowl, add the olive oil, red wine vinegar, lemon juice, minced garlic, oregano, red pepper flakes, salt, and black pepper and whisk together.
5. Pour the dressing over the salad and mix. Garnish with fresh basil or parsley.

Yield: 8 servings

Nutrition Facts: 290 Calories; 9 g Fat (2 g Saturated Fat; 0 g Trans Fat); 5 mg Cholesterol; 470 mg Sodium; 41 g Carbohydrate (10 g Fiber, 5 g Sugar, 0g Added Sugar); 14 g Protein; 0% Daily Value (DV) Vitamin D; 10% DV Calcium; 15% DV Iron; 15% DV Potassium