

RECIPE | TOMATOES

MARINATED THREE BEAN SALAD



PURE-FLAVOR.COM

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INGREDIENTS

For the salad:

- 1 Pure Flavor® Tomato On-the-Vine, chopped
- 1 Pure Flavor® Red Sweet Bell Pepper, chopped
- 1 Pure Flavor® Yellow Sweet Bell Pepper, chopped
- 1 medium red onion, chopped
- 1 celery rib, chopped
- 119 oz can** great northern beans, drained & rinsed
- 119 oz can** garbanzo beans or chickpeas, drained & rinsed
- 119 oz can** black beans, drained & rinsed
- 3 tbsp** fresh basil, for garnish
- 2 tbsp** fresh parsley, for garnish

For the dressing:

- 2 tbsp** lemon juice
- 2 tbsp** olive oil
- ½ tsp** dried oregano
- ¼ tsp** cayenne pepper
- Salt and pepper to taste

DIRECTIONS

- 1 In a large bowl, combine the beans, tomatoes, onion, celery, and peppers.
- 2 In a small bowl, whisk together the dressing ingredients.
- 3 Gently combine the dressing with the bean mixture to combine.

Pro tip: Refrigerate for 4 hours for optimal flavor, stirring occasionally.



15 min

15 min | **0 min**
PREP. | COOKING



8



easy