



10 Minute Dense Bean Salad

Ingredients

1. 1 cup each of Chickpeas, white Beans, Kidney Beans
2. 1 cup sun dried tomatoes
3. 1/3 cup artichoke hearts diced
4. 1 cup diced red or yellow pepper
5. 1 small red onion finely chopped
6. 1 cup cherry tomatoes halved
7. 1 cucumber diced
8. (optional) 1 cups chopped deli sliced turkey, sliced chipotle chicken or pepperoni
9. 1 cup mozzarella balls
10. 1/2 cup chopped shallot
11. Dressing: Mix 1/2 cup sun dried tomato oil, 1/2 cup garlic olive oil and 1/3 cup red wine vinegar, 1 tbsp mustard
12. Measurements can be altered

Serves: 1-3

Instructions

1. Drain and rinse canned beans with cold water and add to large mixing bowl
2. Drain sun dried tomatoes, add tomatoes and save liquid for dressing
3. In a separate bowl for dressing, mix sun dried tomato oil, garlic olive oil, red wine vinegar and mustard with cocktail mixer/milk frother or stir to mix
4. Add all other ingredients to large bowl and pour dressing over, mixing thoroughly
5. Serve in bowls or in tortillas (packaged or pre-made egg tortillas for Keto)

Prep Time: 10 minutes