

# BEAN SALAD

Serves: 4 | Preparation: 20 minutes | Total: 20 minutes

Difficulty: Medium



## INGREDIENTS

- ½ cup corn
- ½ can chickpeas
- ½ can black beans
- ½ can kidney beans
- ½ cup red onion, diced
- ½ cup bell pepper, diced
- ½ cup cucumber, diced
- ¼ cup oil
- 1 tablespoon lemon juice
- 1 clove garlic, minced or ⅓ teaspoon garlic powder
- 1 teaspoon vinegar

## INSTRUCTIONS

1. Drain and rinse corn, chickpeas, black beans, and kidney beans. Place in a large bowl and set aside.
2. Chop onion, bell pepper, and cucumber. Once chopped place in bowl with the mixed beans.
3. To make the dressing, whisk together olive oil, lemon, garlic, and vinegar in a small bowl. When ready to serve, pour dressing in and mix everything together.