

Mediterranean bean salad

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1½ tablespoons red wine vinegar
- ½ lemon, juiced
- 1 garlic clove, finely grated or minced
- ½ teaspoon honey
- ½ teaspoon dried oregano
- ¼ teaspoon black pepper, freshly ground
- Pinch kosher salt (optional — taste before adding)
- 1½ cups cooked cannellini beans (or borlotti or cranberry beans), drained and rinsed if canned
- ¾ cup cooked chickpeas, drained and rinsed if canned
- 1 Persian or English cucumber, quartered and sliced
- 1 cup ripe cherry tomatoes, halved
- 2 celery stalks, thinly sliced (include leaves if possible)
- ¼ red onion, finely diced
- 3 oil-packed sun-dried tomatoes, drained and sliced
- ¼ cup kalamata olives, pitted and chopped
- ⅓ cup fresh flat-leaf parsley, roughly chopped
- 2 tablespoons fresh mint leaves, torn
- ¼ cup toasted walnuts or toasted pumpkin seeds
- 3 tablespoons crumbled feta

Directions

- In a small bowl or jar, whisk together olive oil, red wine vinegar, lemon juice, garlic, honey, oregano and black pepper. Taste and adjust acidity or oil as needed.
- In a large bowl, combine chickpeas and beans. Pour half the dressing over them and toss gently. Let sit 5 minutes to absorb dressing.
- Add cucumber, cherry tomatoes, celery, red onion, sun-dried tomatoes and kalamata olives.
- Fold everything together gently so beans stay mostly whole.
- Add remaining dressing and toss once more.
- Fold in parsley and mint.
- Transfer to a serving dish or individual bowls.
- Top with walnuts or pumpkin seeds for crunch, finish with crumbled feta.



Nutritional information

Total cost: \$11.75/\$2.94 per serving

Serves 4

Calories: 362 per serving