

3 Bean Salad

recipe from inspiredtaste.net

Ingredients

For the salad

- 3 (15 ounce) cans beans, drained and rinsed or use 4.5 cups cooked beans
- 1/2 medium onion, finely chopped
- 1 medium cucumber, finely chopped
- 3 tablespoons drained capers
- 1/2 cup finely chopped parsley
- 3/4 teaspoon dried oregano

For the dressing

- 1/4 cup red wine vinegar
- 1/4 cup infused extra virgin olive oil (or a ratio of infused to non-infused)
- 1 teaspoon Dijon mustard
- 1-2 teaspoons honey or maple syrup, optional
- 3/4 teaspoon fine sea salt, plus more to taste
- 1/4 teaspoon fresh ground black pepper

Instructions

- Add chopped onions to small bowl and cover with cold water. Set aside for 5 minutes, drain and then rinse. This step helps to remove some of the 'raw' flavour of the onion so that it does not overpower the salad.
- Meanwhile, in the bottom of a large bowl, whisk together the vinegar, olive oil, mustard, salt and pepper. Taste the dressing and then adjust with more salt/pepper. If the dressed tastes too abrasive, whisk in 1-2 teaspoons of honey or maple syrup to balance out the vinegar.
- Add the beans, drained onion, cucumber, parsley, capers and dried oregano. Toss well, cover and chill in the refrigerator at least 1 hour to allow the beans to marinate in the dressing.
- The salad will keep stored in an airtight container in the fridge up to 4 days.

Notes

I missed the step about soaking the onions and didn't find the onion overpowering but I would try this next time.

This recipe so easily customizable with the fresh herbs and vegetables that you happen to have on hand or prefer.

Obviously you can make this without infusing but try infusing with with THC, CBD or a combination of the two!

