



Bean and Cucumber Salad

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Yields 6 cups

Prep time: 15 minutes

Chill time: 1 hour

Ingredients:

For the Salad:

3 15-oz. cans of beans, drained and rinsed

1 medium white onion, chopped

1 medium cucumber, finely chopped

3 Tablespoons capers, drained

½ cup finely chopped fresh parsley

¾ teaspoon dried oregano

For the Dressing:

¼ cup red wine vinegar

¼ cup olive oil

1 teaspoon Dijon mustard

1 to 2 teaspoons honey or maple syrup (optional)

¾ teaspoon salt

¼ teaspoon black pepper

- 1) In a large bowl, whisk together vinegar, olive oil, mustard, salt, and pepper. Taste the dressing and adjust with more salt and pepper, if needed. If the dressing has too much bite from the vinegar, whisk in 1 or 2 teaspoons of honey to balance the flavors out.
- 2) Add the beans, onion, cucumber, parsley, capers, and dried oregano. Toss well.
- 3) Cover and let chill in the refrigerator for at least 1 hour.

Recipe from: inspiredtaste.net