

## GUASTELLO'S VILLAGE MARKET

# Easy Mediterranean Bean Salad

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Serves 8

### Ingredients

1 15 oz can kidney beans, drained and rinsed  
1 15- oz can cannellini beans, drained and rinsed  
1 15- oz can garbanzo beans (chickpeas), drained and rinsed  
1 green bell pepper, cored and chopped  
1 red bell pepper, cored and chopped  
½ English cucumber, diced  
1 cup chopped red onions  
1 ½ tablespoon capers, drained  
1 cup chopped fresh parsley  
10-15 fresh mint leaves, torn or gently chopped  
10-15 fresh basil leaves, torn or gently chopped

### Garlic Dijon Vinaigrette

1-2 garlic cloves minced  
½ tablespoon Dijon mustard  
2 tablespoon lemon juice  
1 teaspoon sugar  
¼ cup extra virgin olive oil  
Salt and black pepper

### Instructions:

In a large mixing bowl, combine the beans, chopped peppers, onions, capers and fresh herbs. Mix using a wooden spoon.

In a small bowl, add the vinaigrette ingredients. Whisk vigorously to combine. Add the vinaigrette to the salad bowl. Toss to coat.

For best results, cover and refrigerate for a bit before serving so that beans soak up the vinaigrette flavors. Give the salad another quick toss before serving.

Cook's Note: Properly refrigerated in a tight-lid glass container, three bean salad will keep anywhere from 3 to 5 days.

**Credit: [themediterraneandish.com](http://themediterraneandish.com)**