



Classie and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy



Classie Five Bean Salad (8 servings)

Ingredients

15 oz can white beans

15 oz can black eyed peas

15 oz can black beans

15 oz can dark red kidney beans

15 oz can light red kidney beans

1/2 red onion - *finely chopped*

1 small jalapeno pepper - *seeds removed, finely chopped*

1/3 cup fresh dill - *chopped*

1/3 cup fresh basil or mint - *chopped*

1/3 cup fresh cilantro - *chopped*

1/2 cup sun dried tomatoes in oil

1 pint mixed grape tomatoes - *cut in half lengthwise*

1/4 cup fresh lemon juice

1/3 extra-virgin olive oil

4 cloves garlic - *pressed*

3 Tbsps amino acid or soy sauce

1/4 cup agave nectar

Sea salt - *to taste*

Ground black pepper - *to taste*

Preparation

- Drain and rinse the can liquid from the beans and peas.
- In a large bowl, mix together the beans, peas, onion, jalapeno pepper, sun dried tomatoes, tomatoes, and herbs.
- Whisk together the lemon juice, olive oil, garlic, amino acid, agave nectar, salt and pepper.
- Drizzle the dressing over the salad mixture; lightly stir.
- Refrigerate salad several hours, or overnight to meld flavors.