

Healthy Bean Salad

Serves 6-8

Ingredient

1 (8.75 oz.) can corn
1 (15 oz.) can kidney beans
1 (15 oz.) can garbanzo beans
1 (15 oz.) can pinto beans
1 (15 oz.) can cannellini beans
1 (15 oz.) can black eyed peas
3/4 cup extra-virgin olive oil
1/2 cup red onion, finely chopped
1/2 cup champagne vinegar
1/3 cup sugar
1 teaspoon kosher salt
3/4 teaspoon freshly ground pepper
1/4 cup fresh cilantro, chopped
2 teaspoons oregano leaves, optional

Directions

Rinse and drain each can of beans and corn.

Toss the beans, corn and diced onion together with the olive oil in a large bowl.

Add salt and pepper, and mix well.

In a separate bowl, dissolve the sugar in the vinegar. Mix with the beans.

Toss well with cilantro and oregano, and serve at room temperature for maximum enjoyment