



Lemon-Parsley Bean Salad



Nutrition facts per serving



585 calories	91 g carb	12.6 g total fat	31 g protein	327 mg sodium	23.7 gm Fiber
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- 3 c cooked kidney beans
- 1 1/2 c cooked chickpeas
- 1 small red onion diced
- 2 stalks celery chopped
- 1 med cucumber diced
- 3/4 c chopped fresh parsley
- 2 tbs chopped fresh dill or mint
- 1/4 c olive oil
- 1/4 c lemon juice
- 3 cloves garlic pressed or minced
- Small pinch red pepper flakes

Servings Made: 6 Serving Size: 1 cup

Instructions:

1. In a serving bowl, combine the prepared kidney beans, chickpeas, onion, celery, cucumber, parsley and dill (or mint).
2. Make the lemon dressing: In a small bowl, whisk together the olive oil, lemon juice, garlic, and pepper flakes until emulsified. Pour dressing over the bean and vegetable mixture and toss thoroughly.
3. Serve immediately for the most flavor, or let it marinate in the refrigerator, covered, for a couple of hours or longer. Leftovers should keep well, covered and refrigerated, for several days. If necessary, wake up leftovers with a little drizzle of lemon juice.