

Mediterranean Bean Salad



Ingredients

- 2 cans red kidney beans (15 ounces each), rinsed and drained
- 1 can chickpeas (15 ounces), rinsed and drained
- 1 small red onion, diced (about 1 cup)
- 2 stalks celery, sliced in half or thirds lengthwise and chopped
- 1 medium cucumber, peeled, seeded and diced
- $\frac{3}{4}$ cup chopped fresh parsley
- $\frac{1}{4}$ cup extra-virgin olive oil
- $\frac{1}{4}$ cup lemon juice (about 1 $\frac{1}{2}$ lemons)
- 3 cloves garlic, minced
- $\frac{3}{4}$ teaspoon fine salt
- Small pinch red pepper flakes

Directions

- In a small bowl, whisk together the olive oil, lemon juice, garlic, and salt until well blended. Pour the dressing over the salad and stir until combined.
- In a serving bowl, combine the prepared kidney beans, chickpeas, onion, celery, cucumber, and garnish with parsley.
- Serve immediately for the most flavor, or let it marinate in the refrigerator, covered, for a couple of hours. Leftovers will keep well, covered and refrigerated, for up to 4 days. If necessary, wake up leftovers with a little sprinkle of salt or drizzle of lemon juice.