



EAT MORE BURN MORE

MEXICAN THREE BEAN SALAD



Active time: 15 minutes

Cook time: N/A

Yield: 4 servings

INGREDIENTS:

- | | |
|---|--------------------------------------|
| 1 small can black beans,
rinsed and drained | a dash of hot pepper sauce |
| 1 small can kidney beans,
rinsed and drained | 1 clove of garlic, minced |
| 1 cup shelled frozen
edamame beans | 2 cups of fresh cilantro,
chopped |
| | salt and pepper to taste |
| ½ red bell pepper, chopped | |
| ½ red onion, chopped | |
| 2 tbsps extra-virgin olive
oil | |
| 2 tsps fresh lime juice | |

PREPARATION:

1. In a large bowl, combine beans, bell peppers, and red onion.
2. In a small bowl, whisk together olive oil, lime juice, salt, garlic, cilantro, salt and pepper. Season to taste with hot sauce.
3. Pour olive oil dressing over vegetables; mix well. Chill and serve.

OPTIONS: Experiment with beans. Navy, garbanzo, cannellini, pinto, and even cooked lentils all work very well.