



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



PREP TIME: 15 MINUTES

INGREDIENTS

- 15 oz can of cannellini beans
- 15 oz can of chickpeas (also known as ceci beans)
- 15 oz can of red kidney beans
- ¼ cup of fresh parsley (chopped)
- 1 cup of red onions (diced small)
- Six tablespoons of white vinegar
- Three tablespoons of extra virgin olive oil
- ¾ teaspoon of granulated garlic
- One tablespoon of salt
- ½ teaspoon of black pepper

Italian Bean Salad

This Italian Bean Salad is a breeze to make, taking only a few minutes. It's a perfect side dish for the summer months and is surprisingly healthy. This is the kind of dish my grandmother would whip up on a scorching summer day when turning on the oven was out of the question.

Note: You can add additional types of beans if you like. For a fuller salad, add butter, black, or wax beans.

INSTRUCTIONS

1. Drain and rinse the beans using cold water in a fine mesh strainer. Add the beans to a mixing bowl.
2. Clean and chop the parsley. Add the parsley and onions to the bowl.
3. Add the vinegar, garlic, salt, pepper, and olive oil in a small mixing bowl and whisk into a vinaigrette.
4. Add the vinaigrette to the mixture and, with two spoons, mix thoroughly.

For the best flavor, serve the bean salad at room temperature.



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