



Italian Bean Salad with Tomatoes

An Italian bean salad with tomatoes is a refreshing, vibrant dish that blends hearty beans with the sweetness of ripe tomatoes. It is brightened by the flavors of olive oil, herbs, and a splash of tangy vinegar. The result is a satisfying yet light salad bursting with deep flavors, perfect as a side dish or a stand-alone meal. It's ideal for summer picnics or light dinners.

Optional Additions: You might add some finely chopped red onion or bell peppers, which add a crunchy texture and slight sweetness.

PREP TIME: 15 MINUTES

REFRIGERATOR REST TIME: 120 MINUTES

INGREDIENTS

- 1 15-oz can of cannellini beans (drained and rinsed)
- 1 15-oz can of butter beans (drained and rinsed)
- 1 15-oz can of chickpeas (drained and rinsed)
- 1 pint of cherry tomatoes (colored tomatoes are good to use as well)
- 4-6 fresh basil leaves (chopped)

FOR THE VINAIGRETTE

- ¼ cup of red wine vinegar
- ½ cup of extra virgin olive oil
- 1 tablespoon of Dijon mustard
- ¼ cup of lemon juice
- 1 tablespoon of fresh parsley (chopped)
- Two cloves of garlic (finely minced)
- Salt & Pepper (to taste)



INSTRUCTIONS

1. Clean and cut the cherry tomatoes in half and place them in a bowl. Open the three cans of beans, rinse, and combine them in the same bowl. Add the chopped basil. Give everything a quick mix.
2. In a separate bowl, add minced garlic, red wine vinegar, lemon juice, Dijon mustard, salt, pepper, fresh parsley, and olive oil and whisk together. Taste the vinaigrette and adjust the spices as needed.
3. Pour the vinaigrette into the bowl with the beans and tomatoes, mixing it thoroughly.
4. Once combined, cover the bowl and let the bean salad sit in the refrigerator for 2 hours so the beans can soak in the flavor of the vinaigrette.

Serve with a piece of crusty Italian bread.

