

Vegan 4-Bean Salad

by Elizabeth Varga

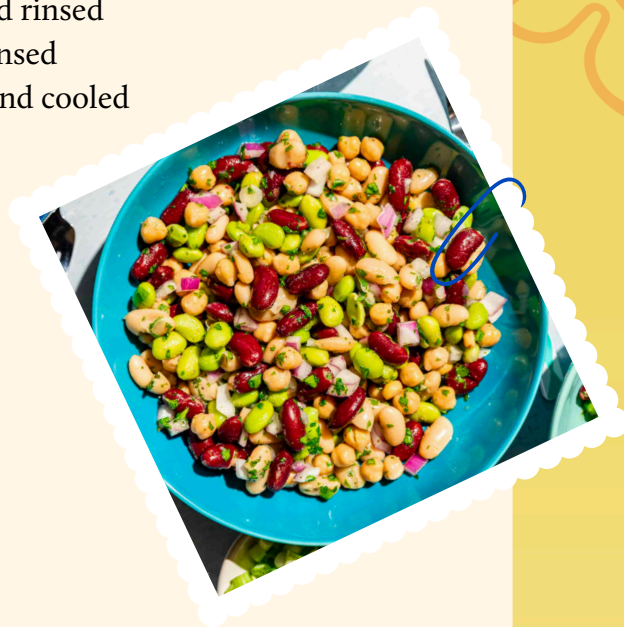
Makes 8 servings

Ingredients

- 1 15-Ounce Can Chickpeas drained and rinsed
- 1 15-Ounce Can Cannellini Beans drained and rinsed
- 1 15-Ounce Can Kidney Beans drained and rinsed
- 1 ½ Cups Frozen Shelled Edamame cooked and cooled
- 1 Medium Red Onion, small diced
- 2 Scallions sliced
- ¼ Cup Finely Chopped Fresh Parsley

Dressing

- 2 Tablespoons Maple Syrup
- 2 Tablespoons Lemon Juice
- 1 Tablespoon Dijon Mustard
- 1 Teaspoon Kosher Salt
- ½ Teaspoon Black Pepper



Directions

1. In a small bowl, mix together the dressing ingredients.
2. In a large bowl, toss all the ingredients and the dressing.
3. Serve immediately, or refrigerate for 30-60 minutes and serve cold. Enjoy!



Catholic Mom
HOLY CROSS
FAMILY MINISTRIES

Visit CatholicMom.com for more Meatless Friday recipes