

DELICIOUS BEAN SALAD

INGREDIENTS

- 1 can green beans, drained - or 2 cups fresh or frozen
- 1 can wax beans, drained
- 1 can red kidney beans, drained
- 1 can garbanzo beans, drained
- 1 can black beans, drained
- 1 red onion, chopped
- 1 green bell pepper, chopped
- 3/4 cup red wine vinegar
- 2 Tablespoons Agave syrup
- 3/4 cup olive oil
- 3/4 teaspoon ground dry mustard
- 1/2 teaspoon dried tarragon
- 1 1/2 teaspoons dried cilantro
- Salt & pepper to taste



DIRECTIONS

- In a large bowl, layer the beans, onion and green pepper. Set aside.
- In a small mixing bowl, combine the vinegar, agave, oil, mustard, tarragon and cilantro. Add salt and pepper to taste.
- Pour over bean mixture. Stir until all ingredients are coated. This is best if it is left to marinate for a few hours in the refrigerator, and stirred occasionally.

BALSAMIC VINAIGRETTE

INGREDIENTS

- 1 cup extra virgin olive oil
- 1/2 – 3/4 cup balsamic vinegar
- 2 cloves crushed garlic
- 1 teaspoon ground mustard powder, or prepared mustard
- 1 pinch sea salt
- 1-2 tsp ground black pepper - or to taste
- Optional Ingredients
 - Fresh or dried oregano
 - Fresh or dried cilantro
 - Fresh or dried basil
 - Pinch cayenne pepper
 - 1 tablespoon lemon juice
 - 1/2 teaspoon curry powder
 - 1/2 teaspoon agave syrup



DIRECTIONS

- In a small bowl, whisk together olive oil, balsamic vinegar, garlic, and mustard powder. Season to taste with salt and black pepper. Stir in minced fresh herbs

and other optional ingredients, if desired. Can also be blended in small cuisinart