



Bean Salad with Honey Chipotle Vinaigrette

Makes 8-10 Servings

1 Can Black Beans
1 Can Pinto Beans
1 Can White Kidney Beans
1 Small Red Onion, Diced Fine
1 English Cucumber, Diced Fine
1 Red Bell Pepper, Diced Fine
1 Avocado, Diced Fine
1 Pint Grape Tomatoes, Halved
1 Cup Fresh or Frozen Corn (if fresh blanch first)
1-2 Jalapenos, Diced Fine
1/4 Cup Olive Oil
2 Tbsp Red Wine Vinegar
Juice of 1 Lime, about 1 Tbsp
1 Tbsp Honey Chipotle
Drizzle of Honey (to cut acidity)
1 Garlic Clove, Minced

Preparation:

Let's begin by making the vinaigrette. Have your ingredients ready to go.

Add the Lime juice to the oil and vinegar. Add the honey for a little sweetness and to cut the acidity. Add the minced garlic and combine. Next add the Honey Chipotle and stir till the granulated honey dissolved. Set aside to bloom till ready to use.

While the vinaigrette is blooming, let's assemble the salad. Begin by rinsing the beans until the water runs clear and add to a large bowl. Now let's add the chopped veggies, give a gentle stir.

Add the vinaigrette and gently combine being careful not to mash any beans or veggies.

The bean salad really benefits from hanging in the fridge for about an hour to allow the flavors to meld. Sooo good!!!

Enjoy!