RECIPE

Three bean salad lunch bowl

A make-ahead lunch of kidney beans, chickpeas and green beans in a red wine vinegar dressing with no added sugar, over brown rice, with about 312 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

1 h 25 min

Ingredients

- [ ] 1 can (15 oz) no-salt-added kidney beans, drained and rinsed
- [ ] 1 can (15 oz) no-salt-added chickpeas, drained and rinsed
- [ ] 2 ¼ cups fresh green beans, trimmed and cut in ½-inch pieces
- [ ] 2 tbsp water, for steaming the green beans (drained off)
- [ ] 2 cups cooked brown rice, cooled
- [ ] 1 small onion, thinly sliced
- [ ] 1 medium red bell pepper, diced
- [ ] ½ cup chopped fresh parsley
- [ ] ¼ cup red wine vinegar
- [ ] 3 tbsp olive oil
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp dried oregano
- [ ] ½ tsp garlic powder

Method

1. Put the green beans in a microwave-safe bowl with 2 tbsp water. Cover and microwave 4 minutes, until bright green and just tender with a little snap. Drain, then spread them out to cool for 10 minutes. At 5,300 ft add a minute if they still squeak against the teeth.
2. In a large bowl whisk the vinegar, lemon juice, olive oil, oregano, garlic powder, pepper and salt until the dressing looks cloudy and thick.
3. Add the sliced onion to the dressing first and let it sit for 10 minutes. The vinegar softens its bite.
4. Add the kidney beans, chickpeas, red pepper, parsley and cooled green beans. Fold gently so the beans stay whole.

- [ ] ½ tsp black pepper
- [ ] ½ tsp salt

5. Cover and chill at least 1 hour, or overnight. The dressing soaks in and the salad tastes rounder the next day.

6. For each lunch, spoon one quarter of the cooled rice into a bowl or lidded container and heap one quarter of the bean salad on top. Stir once before eating.

7. Pack it cold. Keep it chilled and eat within 2 hours of leaving the fridge. Leftover salad keeps in a covered container in the fridge for 3 to 4 days (our kitchen practice; we hold no published source for it yet).