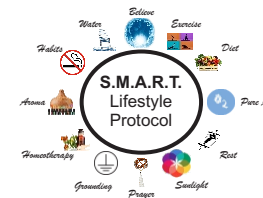




4 Bean Salad

Prep Time
15 mins

Total Time
15 mins



Course: Lunch/Dinner

Cuisine: World

Keyword: Salad

Servings: 2 Servings

Ingredients

Instructions

Dressing

- 2 tablespoons Extra Virgin Olive Oil
- 2 tablespoons Lemon Juice
- 1 tablespoon Bragg Liquid Aminos or Organic Soy Sauce
- 1 tablespoon Raw Honey
- 1 teaspoon Celtic Sea Salt
- 1 teaspoon Garlic Powder
- 1 teaspoon Bragg Organic Sprinkle or Italian Seasoning

Salad

- 1 cup Super Bean Mix, drained and rinsed
- 1 cup Sweet Corn kernels, drained and rinsed
- 1 Large Tomato, diced
- ½ cup Cucumber, diced
- ½ cup Red Onion, diced
- ½ cup Red Bell pepper, seeded and diced
- ½ cup Celery, diced

Cold Salad

1. Whisk together all the Dressing ingredients. Set aside.
2. Mix all the Salad ingredients together.
3. Mix the dressing into the salad mixture.

Hot Salad

1. Mix all the Salad ingredients together and steam until hot.
2. Whisk together all the Dressing ingredients. Set aside.
3. Put hot salad in a mixing bowl, add the Dressing and mix it in well.
4. Serve on top of a bed of cooked whole grain sorghum.

Notes:

1. You will make and eat half of this salad for dinner. The other half you will have as tomorrow's lunch.
2. Whatever you eat as dinner at night, you will eat as lunch the next day, whether you make it fresh or have "left overs".
3. This salad can last for 6 days in an air-tight container in the fridge.

