

This Homemade Three Bean Salad Is the Zesty, Make-Ahead Side You'll Be Serving All Year Long

Why This Salad Belongs in Your Recipe Box



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10 min

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INGREDIENTS

You'll Need

For the Dressing: 3 tablespoons olive oil 2
tablespoons granulated sugar 1 teaspoon Dijon
mustard $\frac{1}{8}$ teaspoon salt ... teaspoon black pepper
Optional: a pinch of red pepper flakes for a subtle
kick How I Make This Three Bean Salad (:

DIRECTIONS

1. Step-by-: Step)
2. Prep the : Beans
3. If I'm using canned beans, I start by draining and rinsing the kidney beans and chickpeas under cold water. For the green beans, I either drain and chop canned ones or quickly blanch fresh green beans in boiling water for 2-3 minutes, then cool them in an ice bath to keep them crisp and bright green.
4. Mix the : Beans and Veggies
5. In a large mixing bowl, I combine the kidney beans, chickpeas, and green beans. Then I add finely chopped red onion and parsley for color and extra flavor.
6. Make the : Dressing
7. In a small bowl or mason jar, I whisk together the apple cider vinegar, olive oil, sugar, Dijon mustard, salt, and pepper. If I want a little heat, I'll throw in a pinch of red pepper flakes too.
8. Toss and : Chill
9. I pour the dressing over the bean mixture and toss everything until evenly coated. Then I cover and refrigerate for at least
10. 1-2 hours
11. , but preferably overnight. The beans soak up all the sweet and tangy flavor, and everything melds beautifully.
12. Serve and : Enjoy
13. Before serving, I give the salad a quick stir and taste for seasoning. Sometimes I'll add an extra splash of vinegar if it needs a little more tang after chilling.

14. How I Like to Serve It

15. This salad is incredibly versatile and goes with just about anything. Here are some of my favorite

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Original recipe: <https://chefmaniac.com/this-homemade-three-bean-salad-is-the-zesty-make-ahead-side-youll-be-serving-all-year-long/>