

Mediterranean Dense Bean Salad: A Fresh, Flavorful, and Healthy Meal

When you're looking for a salad that's more than just greens, this



TIME
10-15 min

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INGREDIENTS

Here is a complete list of ingredients for this fresh and vibrant Mediterranean Dense Bean Salad, expanding on your provided partial list:

For the Dressing: ... cup extra virgin olive oil 3 tablespoons fresh lemon juice 1 clove garlic, minced 1 teaspoon dried oregano ½ teaspoon salt ... teaspoon black pepper 2 tablespoons fresh parsley, chopped (optional, for garnish):

DIRECTIONS

1. Steps for the : Recipe
2. Prepare the : Beans:
3. Drain, rinse, and dry the garbanzo beans and navy beans. This is an important step to ensure the salad isn't watery.
4. Make the : Dressing:
5. In a small bowl or a jar with a tight-fitting lid, whisk or shake together the extra virgin olive oil, fresh lemon juice, minced garlic, dried oregano, salt, and black pepper until well combined.
6. Combine the : Salad Ingredients:
7. In a large mixing bowl, combine the drained garbanzo beans, navy beans, chopped cucumber, chopped bell pepper, and thinly sliced red onion.
8. Add : Feta and Toss:
9. Pour the dressing over the bean and vegetable mixture. Gently toss everything together until the ingredients are evenly coated. Gently fold in the crumbled feta cheese.
10. Chill and : Serve:
11. For the best flavor, cover the salad and refrigerate for at least 30 minutes to allow the flavors to meld. Serve chilled, garnished with fresh parsley if desired.

SWAPS & NOTES

of lemon and fresh herbs, is what ties everything together, coating every ingredient in a burst of flavor.

It's a versatile, no-cook meal that is a fantastic make-ahead option, as the flavors only get better over time.

Vegetables: The bell pepper and cucumber provide a wonderful crunch.

You can also add other fresh vegetables like cherry tomatoes or diced celery.

TIPS FOR SUCCESS

Dry the Beans: Patting the beans dry with a paper towel is crucial to prevent the salad from becoming watery.

Make Ahead: This salad is a perfect make-ahead dish.

The flavors only get better over time, so you can prepare it the night before.

Toss Gently: When adding the feta cheese, toss gently to prevent it from breaking up too much.

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