



Bean Salads

HAM AND BEAN SALAD

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| 1/2 cup (125 mL) herb vinaigrette salad dressing | 1 cup (250 mL) diced mozzarella cheese |
| 1/4 cup (50 mL) Dijon mustard | 1 can (19 oz/540 mL) white kidney beans,
rinsed and drained |
| 1/4 tsp (1 mL) freshly ground pepper | 2 medium tomatoes, cut into wedges |
| 8 cups (2 L) torn mixed greens | |
| 1 1/2 cups (375 mL) diced ham | |

Whisk together salad dressing, mustard and pepper until blended. Combine greens, ham, cheese, beans and tomatoes in a bowl. Add salad dressing mixture and toss to combine. Serves 4 - 6.

MEDITERRANEAN BEAN SALAD

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| 2 tbsp (25 mL) fresh lemon juice | 1 can (19 oz/540 mL) chickpeas, rinsed
and drained |
| 1 tbsp (15 mL) balsamic vinegar | 1 can (14 oz/398 mL) artichoke hearts,
drained and quartered |
| 1 1/2 tsp (7 mL) Dijon mustard | 1 cup (250 mL) diced red bell pepper |
| 1 tsp (5 mL) basil, crumbled | 1/2 cup (125 mL) slivered red onion |
| 1 tsp (5 mL) oregano, crumbled | 1/2 cup (125 mL) shredded dry pack feta cheese |
| 1 tsp (5 mL) thyme, crumbled | 1/3 cup (75 mL) chopped fresh parsley |
| 1 tsp (5 mL) salt | 3 Roma tomatoes, each cut into 6 wedges |
| 1/8 tsp (0.5 mL) cayenne pepper | |
| 1 clove garlic, crushed | |
| 2 tbsp (25 mL) olive oil | |
| 1 can (28 oz/796 mL) kidney beans, rinsed
and drained | |

To prepare dressing, whisk together first 9 ingredients (lemon juice through garlic) until combined. Gradually whisk in oil until blended. Combine remaining ingredients (kidney beans through tomatoes) in a bowl. Add dressing and toss to combine. Cover and refrigerate for at least 2 hours or up to 24 hours. Serves 6 - 8.

QUICK CHICKPEA SALAD

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| 1 can (19 oz/540 mL) chickpeas, rinsed
and drained | 1/3 cup (75 mL) chopped red onion |
| 1 cup (250 mL) halved grape tomatoes | 2 tbsp (25 mL) chopped fresh parsley |
| 1/2 cup (125 mL) diced red bell pepper | 1/4 tsp (1 mL) freshly ground pepper |
| 1/2 cup (125 mL) chopped celery | 1 jar (6 oz/170 mL) marinated
artichoke hearts |

Combine all ingredients except artichokes in a bowl. Drain artichokes, reserving marinade. Cut artichokes into quarters. Add artichokes and reserved marinade to chickpea mixture; toss to combine. Serves 6.

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TWO BEAN AND CORN SALAD

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| 2 tbsp (25 mL) balsamic vinegar | 1 can (19 oz/540 mL) white kidney beans,
rinsed and drained |
| 1 tbsp (15 mL) green pepper sauce | 2 cups (500 mL) frozen kernel corn, thawed |
| 1 tsp (5 mL) cumin | 1 1/2 cups (375 mL) sliced celery |
| 1/2 tsp (2 mL) salt | 1 cup (250 mL) diced red bell pepper |
| 1/3 cup (75 mL) oil | 1 cup (250 mL) chopped red onion |
| 1 can (19 oz/540 mL) black beans, rinsed
and drained | 1/3 cup (75 mL) chopped fresh cilantro |

To prepare dressing, whisk together vinegar, green pepper sauce, cumin and salt until combined. Gradually whisk in oil until blended. Combine black beans, kidney beans, corn, celery, red pepper, onion and cilantro in a bowl. Add dressing and toss to combine. Cover and refrigerate for at least 2 hours or up to 24 hours. Serves 8.

SOUTHWESTERN BEAN SALAD

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| 2 tbsp (25 mL) fresh lime juice | 1 cup (250 mL) sliced celery |
| 1 tbsp (15 mL) hot pepper jelly | 1 cup (250 mL) diced green bell pepper |
| 1 tsp (5 mL) chili powder | 1 cup (250 mL) diced red bell pepper |
| 1/2 tsp (2 mL) salt | 1/2 cup (125 mL) thinly sliced green onions |
| 1/8 tsp (0.5 mL) hot pepper sauce | 2 tbsp (25 mL) chopped fresh cilantro |
| 1/4 cup (50 mL) oil | |
| 2 cans (19 oz/540 mL each) Romano
beans, rinsed and drained | |

To prepare dressing, whisk together first 5 ingredients (lime juice through hot pepper sauce). Gradually whisk in oil until blended. Combine remaining ingredients (beans through cilantro) in a bowl. Add dressing and toss to combine. Serves 6 - 8.

BLACK BEAN AND MANGO TANGO

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| 2 tbsp (25 mL) fresh lime juice | 1 can (19 oz/540 mL) black beans,
rinsed and drained |
| 1/2 tsp (2 mL) salt | 2 cups (500 mL) frozen kernel corn, thawed |
| 1/4 tsp (1 mL) cumin | 1/3 cup (75 mL) thinly sliced green onions |
| 1/4 tsp (1 mL) garlic powder | 1 mango, peeled and cubed |
| 1/8 tsp (0.5 mL) cayenne pepper | 1/4 cup (50 mL) chopped fresh cilantro |
| 2 tbsp (25 mL) oil | |

To prepare dressing, whisk together lime juice, salt, cumin, garlic powder and cayenne pepper. Gradually whisk in oil until blended. Combine remaining ingredients (beans through cilantro) in a bowl. Add dressing and toss to combine. Cover and refrigerate for at least 1 hour or up to 24 hours. Serves 6.

TOMATO AND TWO BEAN SALAD

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| 2 tbsp (25 mL) fresh lemon juice | 2 tbsp (25 mL) finely chopped green onion |
| 1/2 tsp (2 mL) Dijon mustard | 2 cups (500 mL) halved green beans |
| 1/4 tsp (1 mL) salt | 1 can (19 oz/540 mL) white kidney
beans, rinsed and drained |
| 1/4 tsp (1 mL) freshly ground pepper | 2 tomatoes, cut into thin wedges |
| 1/4 cup (50 mL) olive oil | |

To prepare dressing, whisk together lemon juice, mustard, salt and pepper. Gradually whisk in oil. Stir in onion; set aside. Cook green beans in boiling salted water just until tender crisp, about 4 minutes. Drain and cool immediately in ice water; drain. Up to 30 minutes before serving, gently combine green beans, kidney beans, tomatoes and dressing. Serves 6 - 8.