

## 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.



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