

Easy Breezy Corn and Bean Salad

Our version of this quick-to-fix bean salad uses pantry items, but you could substitute the same quantity of fresh cooked vegetables from the market this time of year! We used no-salt added organic canned vegetables to control the taste; the salad dressing may be enough! Add the salt at the end, only if you think it needs it...



Ingredients

- 1 15.5oz can kidney beans, *or about 2 cups beans, cooked*
- 1 14.5oz can cut green beans, *or about 2 cups fresh beans, cooked*
- 1 15.25oz can whole kernel corn, *or about 2 cups fresh corn, cooked and removed from the cob*
- 1 15oz can black beans, *or about 2 cups beans, cooked*
- 1 small bunch green onions, *chopped*
- 1/2 cup sun-dried tomato vinaigrette dressing, *or similar*
- fresh ground pepper, *salt, if desired*

Rinse and drain well all of the vegetables, except green onions. (If using fresh vegetables, cook, drain, and cool them). In a large bowl, combine drained vegetables and chopped green onions. Add dressing and gently toss to blend. Add pepper and salt, to taste; add more dressing, if desired. Vegetables should be well coated in dressing, but not so much as they are soaking in it. Cover and chill in refrigerator for at least 4 hours or overnight. Recipe may be doubled.

Serves 6.

Salads