



Ingredients:

Bean mix

- 1 can of chickpeas
- 1 can of kidney beans
- 1 can cannellini beans
- ¼ cup chopped parsley
- 2 stalks celery
- 2 cucumbers
- 1 red bell pepper
- ¼ red onion

Dressing

- Juice of 1 lemon
- 1 tbsp dijon mustard
- ¼ cup red wine vinegar
- ¼ cup olive oil
- 1 garlic clove
- ¼ tsp salt
- ¼ tsp black pepper

Equipment:

- Knife
- Cutting board
- Mixing bowls
- Whisk

Instructions:

1. Whisk all dressing ingredients into one bowl until well mixed.
2. Rinse and drain all beans and chickpeas
3. Dice all of the vegetables and cucumbers
4. Combine beans, chickpeas, cucumbers, vegetables, and parsley in a bowl.
5. Mix well and then toss in with the dressing.
6. Serve on top of a bed of kale topped with feta cheese, with a bowl of long grain rice, or as a dip with a side of tortilla chips!

Nutrition Facts (for whole batch)	Calories: 1,628	Fiber: 64 g
	Carbohydrates: 211 g	Sodium: 4378 mg
	Protein: 65 g	Sugars: 37 g
	Fat: 61 g	