

Confetti Bean Salad

The beans and vegetables can be mixed a few day before you serve the salad. Be creative - use any and all veggies you have in the garden or fridge! The main thing: eat your colors, every day! When your food is colorful, you are usually getting lots of vitamins and minerals for optimal health, happiness, and overall sense of well-being.

Makes a lot. A friend of ours calls this “Boatload Salad.”

Ingredients:

- 1 (12-oz) bag of frozen, shelled edamame
- 1 (15-oz.) can black beans, rinsed and drained
- 1 (15 oz. can cannellini beans, rinsed and drained
- (NOTE: any beans truly, will do!)
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 orange bell pepper, chopped
- 1 bunch of green onions, chopped
- 1 rib of celery, chopped
- 1 cup jicama, chopped
- 1 cup zucchini, chopped
- 1 cup sugar snap peas, chopped
- 1 cup seedless English cucumber
- ½ cup dried cranberries
- 1 pint grape tomatoes, quartered
- Sesame Ginger vinaigrette



Cook shelled edamame according to package directions. Place in large mixing bowl. Add remaining ingredients, except cranberries, tomatoes, and vinaigrette. Cover bowl and refrigerate.

Four to eight hours before serving, add enough Sesame Ginger Vinaigrette to lightly coat salad ingredients, tossing gently. Return to fridge. Just before serving add dried cranberries and tomatoes. Taste and season with salt and pepper, if needed.

Sesame Ginger Vinaigrette

- 3 cloves garlic, minced
- 2 T. minced fresh ginger root
- ½ cup canola oil
- ½ cup toasted sesame oil
- 1/3 cup unseasoned rice vinegar
- 5 T. soy sauce or low sodium soy sauce
- 3 T. honey

Put all ingredients in a large jar and shake until honey dissolves and ingredients are well-blended. Store in fridge. Shake before using. Enjoy!

Recipe courtesy of Barbara Benda Nagle, who clipped it out of the newspaper.