

The BEST Bean Salad

Author: Adapted from a Paul Prudhomme recipe



SALAD:

16 ounces black beans, canned, drained
 16 ounces white beans, canned, drained
 16 ounces blackeyed peas, canned, drained
 2 cups tomato, chopped
 1 cup cucumber, seedless, chopped
 3/4 cup Napa cabbage, sliced
 3/4 cup red bell pepper, chopped
 3/4 cup red onion, diced
 1 1/2 teaspoons garlic powder

DRESSING:

3/4 cup apple cider vinegar
 2 tablespoons olive oil
 15 whole basil leaves, minced
 2 tablespoons brown sugar, or brown Sugar Twin
 3/4 teaspoon black pepper
 1 teaspoon dried oregano, crushed

Serving Ideas: Could be a meal on its own. Wonderful with grilled meat.

Per Serving (excluding unknown items): 426 Calories; 4g Fat (7.6% calories from fat); 27g Protein; 75g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

Preparation Time: 1 hour

Notes: This recipe is SO low in fat it hardly even registers fat grams. At first you might think there's a misprint with the amount of vinegar, but it is correct. The beans absorb the vinegar, which lightens the bean's heaviness. According to Paul Prudhomme, combining oils and acids make the heaviest starches disappear on your palate. The recipe was published in the Los Angeles Times in August, 1989. If you prefer, you can add raw chopped zucchini, green bell pepper instead of the red, or a combination, and if desired, cooked, crumbled bacon bits could be added as well if you don't mind the extra fat. Any combination of beans will work. The original recipe called for bok choy, but the first time I made the recipe the market didn't have it so I bought Napa cabbage instead and have decided I like it better.

1. In a large non-metal bowl, toss together the drained beans (I use low-salt beans when possible), tomatoes, cucumbers, Napa cabbage, bell peppers, onions and garlic powder.
2. In a blender combine the vinegar, oil, basil, brown sugar, black pepper and oregano and blend until combined. Pour the dressing over the bean mixture, cover and chill for several hours, or overnight if you have time. Will keep for several days.