

Vegan Bean Salad

A vegan bean salad that is hearty and mouthwateringly delicious!

Prep Time
20 mins

Total Time
20 mins



Course: Salad Cuisine: Canadian, Italian, Mediterranean
Servings: 6 Servings Calories: 261cal Author: Rosa

★★★★★
5 from 3 votes

Ingredients

For the Salad

- 15 ounce can chickpeas drained + rinsed (approx. 1.5 cups)
- 15 ounce can black beans drained + rinsed (approx. 1.5 cups)
- 15 ounce can red kidney beans drained + rinsed (approx. 1.5 cups)
- 1.5 cups diced cucumber approx. half a long cucumber
- ¼ cup diced red onion
- 1 avocado diced
- ½ cup basil leaves finely chopped

For the Dressing

- ¼ cup lemon juice approx. 1 medium lemon
- 2 tablespoons balsamic vinegar
- 1 tablespoon maple syrup
- salt + pepper to taste

Instructions

1. Drain and rinse the beans, chop all the veggies, and add them to a large bowl.
2. In another small bowl, combine the salad dressing ingredients. Then pour the dressing over the salad and mix well to evenly coat. Enjoy immediately or refrigerate for 1 hour before serving.

Notes

- Plan to make the dish approx. 1 hour before serving as it tastes best when chilled.
- This salad tastes best the same day its made, but leftovers keep in the fridge for 2-3 days,

Nutrition

Calories: 261cal | Carbohydrates: 40g | Protein: 12g | Fat: 7g | Sodium: 355mg | Potassium: 745mg |
Fiber: 14g | Sugar: 5g | Vitamin A: 196IU | Vitamin C: 11mg | Calcium: 89mg | Iron: 3mg



Vegan Bean Salad <https://thishealthykitchen.com/bean-salad/>

*diced red, orange & yellow
sweet peppers also good.*