



BEAN & GRAIN SALAD

Ingredients

3/4 pound green beans
1 cup cooked lima beans
1 cup cooked black garbanzo beans
2 cup cooked quinoa
1 cup cooked barley
1 medium cucumber, chopped
2 medium tomatoes, chopped
1 medium yellow squash, chopped
1 teaspoon chopped fresh mint
1 1/2 teaspoon dried parsley
1 teaspoon dried rosemary
2 tablespoons honey
1/4 cup red wine vinegar
1/2 cup balsamic vinegar
1 tablespoon lemon juice
3 tablespoons olive oil
1 green onion, chopped



1/2 cup crumbled feta cheese
1/2 teaspoon salt
1/2 teaspoon pepper

Directions:

Wash and trim the ends from the green beans. Cut them in half or thirds and place in a steamer basket. Steam for 20 minutes. Remove promptly and wash with cold water to stop the cooking process. This will leave the beans slightly crunchy. If you prefer a thoroughly cooked bean, cook for 25-30 minutes and leave them in the steamer while you prep the rest of the salad.

In a small bowl whisk together the honey, red wine vinegar, balsamic vinegar, lemon juice, and olive oil. Add the mint, parsley, rosemary, green onions, salt, and pepper and combine. Set aside.

In a large bowl combine the beans, grains, cucumber, tomatoes, and yellow squash. Pour the vinaigrette over the beans and grains mixture and fold everything together gently to combine. Sprinkle 1/4 cup feta cheese over the top. Adjust salt and pepper to taste, if needed.

You can serve this salad at room temperature or put it in the refrigerator to chill for a couple of hours and serve it cold. It will probably taste even better the next day!