

## *Traditional White Bean Salad*

1 cup (250 ml)	dry white pea beans, soaked and cooked
2	large stalks celery, sliced diagonally
1	small onion, chopped
1	small green or red pepper, sliced
1/2 cup (125 ml)	sliced ripe olives (optional)
1 cup (250 ml)	cherry tomatoes, halved (optional)
3 tbsp (50 ml)	vegetable oil
5 tbsp (65 ml)	vinegar
1/4 cup (50 ml)	sugar
1/2 tsp (2 ml)	dry mustard
1/4 tsp (1 ml)	garlic powder
1/2 tsp (2 ml)	salt
Pinch	paprika

1. Combine cooked beans, celery, onion, green or red pepper, olives and tomatoes if desired in a large bowl.
2. Mix remaining ingredients together and pour over bean mixture; mix well.
3. Cover and refrigerate at least 4 hours or up to 1 week. *Makes 8 servings.*

### *Nutritional Information per Serving*

Calories: 153    Protein: 4.3 g    Fat: 6.5 g  
Carbohydrates: 20.7 g    Total Dietary Fibre: 4.6 g

Recipe taken by permission from the Ontario White Bean Producers  
[http://www.ontariobeans.on.ca/r\\_salad.html](http://www.ontariobeans.on.ca/r_salad.html)