

## **White Bean Salad**

*I like to use organic beans, which have less salt than conventional beans. Since I don't use salt when I cook, beans can taste a little flat. The garlic helps and so does the salad dressing. But what really gives it a little zing is the jalapeño pepper. Even if you don't like hot foods, chop it up fine enough and – especially with low salt beans – you probably won't even know its there.*

2 cans white beans (any kind), rinsed and drained  
¼ red onion, thinly sliced  
1 bell pepper, chopped (any color or combination of colors)  
1 jalapeño , seeded and chopped fine (optional)  
1 garlic clove, pressed  
1 carrot, slice very thin or cut in small cubes  
3 radish, thinly sliced  
1 avocado, cubed  
1 -2 handfuls snow peas – tips cut off and cut up

### **Balsamic Vinaigrette Salad dressing – recipe follows**

Mix all ingredients. Chill if time.

## **Balsamic Vinaigrette**

*This is my husband's recipe, but we each make it a little differently. I'll give you both versions. It keeps well in the refrigerator, so we make enough for several salads at a time. The version with more olive oil than vinegar gets solid when cold but can easily be warmed up by setting the bottle in hot water..*

Bill's version:

2 Tablespoons balsamic vinegar  
5 Tablespoons Virgin Olive Oil  
1 teaspoon Dijon mustard  
1 teaspoon honey

Kathy's version:

½ balsamic  
½ olive oil  
a Huge spoonful of Dijon mustard  
1 clove garlic, pressed (optional, when you have the time)  
herbs: If I want fresh herbs, I'm more likely to add them to the salad directly.