

Hearty Bean Dinner Salad with Sun Dried Tomato Dressing

Ingredients (*Total Cost: \$8.93*)

- 1 ear corn (*\$0.35*)
- 1 15 oz. can chickpeas (*\$0.99*)
- 1 15 oz. can black beans (*\$0.99*)
- 1 15 oz. can red kidney beans (*\$0.99*)
- ½ medium onion (*\$0.25*)
- ½ cup chopped cilantro (*\$0.25*)
- ½ red bell pepper (*\$0.50*)
- 6 canned sundried tomato halves (*\$0.88*)
- ½ cup olive oil (*\$0.80*)
- ¼ cup white wine vinegar (*\$0.32*)
- 1 clove garlic (*\$0.09*)
- 2 tsp. white sugar (*\$0.01*)
- Salt, to taste (*\$0.01*)
- 5 oz. package of salad greens (*\$2.50*)

Steps

1. Place the un-shucked ear of corn in the microwave for 3 minutes. After three minutes, remove from the microwave, peel off the leaves and tassel, and slice the corn from the cob (you may wish to let it cool a little first).
2. Drain all the beans, and rinse well. Place the beans in a large mixing bowl. Dice the onion, finely chop the cilantro, and dice the bell pepper half. Place the vegetables in the bowl with the beans, along with the cooked corn. Toss well to mix.
3. Make the dressing by adding the sundried tomatoes, olive oil, white wine vinegar, sugar, garlic, and salt to a blender. Blend until smooth.
4. Serve by placing salad greens in bowl, topping with a hearty portion of the bean salad, and dressing with the sundried tomato dressing.

