

3 Bean Salad

Ingredients:

- 1 can black beans (organic preferred)
- 1 can pinto beans (organic preferred)
- 1 can garbanzo beans (organic preferred)
- ¾ cup celery, chopped
- ½ red pepper, chopped
- 1 small tomato, chopped (optional – best in season)
- ½ avocado, chopped
- 1 clove garlic, chopped or smashed
- 2 tablespoons hemp hearts – if vegan option vs animal protein
- 1 cup baby kale or baby spinach

Dressing:

- ¼ cup extra virgin olive oil
- tablespoon balsamic vinegar
- teaspoon Dijon mustard
- 1 teaspoon lemon juice (fresh or bottled but not concentrate)
- Sea salt and pepper to taste
- 1 clove garlic – diced finely

1. In a bowl, combine and toss all ingredients until blended evenly with dressing.
2. Serve on salad, vegetables (broccoli, kale, arugula, diced cucumbers crackers, etc) or in a wrap/sandwich or with vegetables as a dip.



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