

2 Bean Salad

Ingredients:

- 1 can black beans (organic preferred)
- 1 can garbanzo beans (organic preferred)
- $\frac{3}{4}$ cup celery, chopped
- $\frac{1}{2}$ red pepper, chopped
- 1 small tomato, chopped
- $\frac{1}{2}$ avocado, chopped
- 1 clove garlic, chopped or smashed
- optional – $\frac{1}{2}$ cup salmon, herring, sardines or grilled chicken

Dressing:

- $\frac{1}{4}$ cup olive oil
- tablespoon balsamic vinegar
- teaspoon Dijon mustard
- 1 teaspoon lemon juice
- salt and pepper to taste
- 1 clove garlic – diced finely (optional)

1. In a bowl, combine and toss all ingredients until blended evenly with dressing.
2. Serve on salad, crackers or in a wrap/ sandwich or with vegetables as a dip.