



Summer Bean Salad

HEALTHY CHOICE MEAL KIT

SHOPPING

PRODUCE	<ul style="list-style-type: none"> • Canned corn (15-oz.) • Diced tomatoes (15 oz.) • Onion (red, white or green/scallions) • Lemon
PROTEIN AND DAIRY	<ul style="list-style-type: none"> • Canned beans (2 types), such as: <ul style="list-style-type: none"> ◦ Black beans ◦ Black-eyed peas ◦ Chickpeas ◦ White beans ◦ Red beans
THE OPEN DOOR SEASONING KIT	<p>Seasoning packet contains:</p> <ul style="list-style-type: none"> ◦ 1 Tbsp. parsley (dry) ◦ 1 tsp. basil (dry) ◦ ½ tsp. Kosher salt ◦ ¼ tsp. black pepper ◦ ¼ tsp. garlic powder



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15 mins

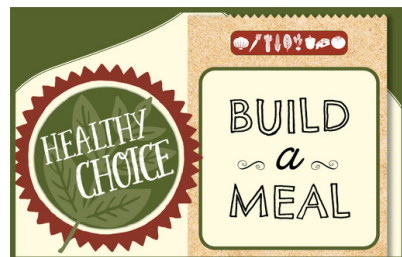
Makes 4 servings

RECIPE

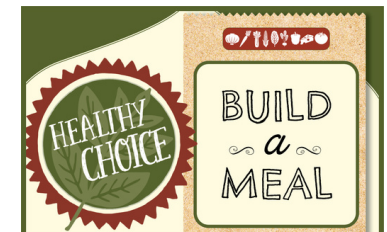
INGREDIENTS	<p>1 can (15 oz.) Black beans*</p> <p>1 can (15 oz.) Black-eyed peas*</p> <p>1 can (15 oz.) Corn</p> <p>1 can (15 oz.) Diced tomatoes</p> <p>1/4 cup Red onion, finely chopped</p> <p>2-4 Tbsp. Lemon juice</p> <p>2 Tbsp. Olive or vegetable oil</p> <p>1 Seasoning Packet**</p> <p><small>*Or chickpeas, white beans or kidney beans **Contains: 1 Tbsp. parsley, 1 tsp. basil, ½ tsp. Kosher salt, ¼ tsp. pepper, ¼ tsp. garlic powder</small></p>
INSTRUCTIONS	<p>Drain and rinse the beans, then transfer them to a large bowl. Drain the corn and tomatoes and add them to the bowl. Peel the onion, finely chop 1/4 cup's worth, and add it to the bowl.* Juice half the lemon into a cup. Stir 2 Tablespoons each of lemon juice and oil, and the seasonings, into the bean salad. Taste and adjust the flavors to your preference.</p> <p><small>*For a milder flavor, soak the chopped onion in cold water for 15 minutes before adding (drain first).</small></p>

How did the recipe go?
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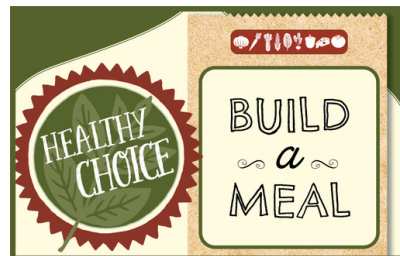
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