

Apple Bean Salad

*Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Dairy, Wheat, Soy**

1 can black beans

1 can small white beans of any variety

1 can corn (no sugar added)

1 apple (preferably crisp and tart)

½ small onion

1 cup olive oil

½ cup white vinegar

2 TBSPs maple syrup

Dice the apple and onion into small cubes. Mix with beans and corn. Add olive oil, vinegar and maple syrup, stirring thoroughly. Refrigerate overnight. Serve cold. Great alone, as a side, as a salad topper, or with tortilla chips.

Servings: 6 – 8 (\$1.50/serving)