



## Bean Salad with Lemon and Capers

*- from Denise's Kitchen*

### Ingredients:

- 1 (15 oz) can organic kidney beans, drained
- 1 (15 oz) can organic chickpeas, drained
- 1 organic lemon, juiced (and zested, if you're up to it)
- 1 large organic tomato, chopped
- 1/3 cup organic red onion, chopped
- 1 cup FRESH (not dried!) organic parsley, chopped
- 2-3 tbsp capers
- 3 tbsp light tasting oil (I like grape seed.)
- 1/2 tsp sea salt, or to taste

### Directions:

Combine all of these ingredients in a large bowl & refrigerate for about an hour, then stir & serve. This is best when freshly made, not overnight. The lemon & capers give it a wonderful flavor! Makes a great summer side salad!