



Refreshing Legume Salad

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS: 4

PREPARATION: 30 MINUTES

INGREDIENTS

Salad:

- 340 g (2 cups) cooked legumes (red, white beans etc)
or
1 540 ml can of canned legumes mixture, rinsed and drained
- 300 g (3 cups) cauliflower florets
- 210 g (1 1/2 cups) cherry tomatoes, halved
- 1 zucchini, cubed (about 160 g)
- 1 yellow pepper, cubed
- 110 g (1 cup) pitted black olives, halved
- 15 ml (1 tbsp) fresh cilantro, chopped
- 3 green onions, chopped

Dressing:

- 60 ml (4 tbsp) olive oil
- 30 ml (2 tbsp) maple syrup
- 10 ml (2 tsp) Dijon mustard
- 2.5 ml (1/2 tsp) salt
- Pepper, to taste
- Juice of one lime

PREPARATION

1. Place all salad ingredients in a large bowl.
2. Mix the dressing ingredients together and add them to the salad.
3. Cover and refrigerate until ready to serve.



For picnics, you will enjoy this legume salad, easy to prepare and so tasty.

TIP

* It is always best to refrigerate for a few hours to allow the salad to soak up the flavors of each ingredient.