



Makes 6 cups
Preparation Time: 15 minutes

INGREDIENTS:

1 medium apple, peeled if desired, cored, and chopped ($\frac{3}{4}$ cup)

$\frac{1}{2}$ teaspoon lemon juice

4 cups cooked chickpeas, kidney beans, and black beans, rinsed and drained if using canned

1 cup chopped green and/or red bell pepper

$\frac{1}{2}$ cup sliced scallions (mostly green parts)

$\frac{1}{4}$ cup finely chopped celery

3½ tablespoons apple cider vinegar

1 tablespoon pure maple syrup

1 to 1½ teaspoons Dijon mustard

$\frac{1}{2}$ teaspoon sea salt

Freshly ground black pepper, to taste

Pinch ground cloves, plus more to taste (see tip in intro)

Dreena Burton's Easy 3-Bean Salad

This is a fresh, oil-free variation on the three-bean salad often found in grocery store delis. It tastes best after a day in the fridge so the flavors can meld, but you can absolutely eat it fresh. The hearty combination of [chickpeas](#), kidney beans, and [black beans](#) is complemented by crunchy celery, sweet apple, and bell pepper so each bite is equal parts refreshing and satisfying. A light Dijon vinaigrette rounds out the flavor profile to create the perfect grab-and-go salad for busy weekdays. If you prep a big batch in advance, it'll keep well in the fridge for 3 to 4 days. Just be sure to toss just before serving to redistribute the tasty dressing!

Tip: Ground cloves add great nuanced flavor to this salad. Start with a pinch and see how you like it!

From Let Them Eat Vegan

For more inspiration, check out these tasty ideas:

- [Moroccan Bean Salad](#)
- [Pinto Bean and Hominy Soup](#)
- [Spicy Black Bean Salsa](#)
- [Gigantes Plaki: Greek Lima Beans with Stewed Tomatoes](#)

By Dreena Burton

- 1 In a large bowl combine apple and lemon juice; toss to coat. (This will help preserve the color of the apple.) Add the remaining ingredients; toss to combine. If you like, season with additional salt and black pepper.