**Nature’s Call FRESH Catering**

**Healthy Bean Salad!**

1 can each of green beans, yellow wax beans, baby lima, chick peas and dark red kidney beans

(the above assortment can be altered to your own liking, ie black beans, adzuki beans etc)

3 stalks of celery diced small

1 half of each, red, yellow and green pepper diced small

½ medium red onion minced

Combine all ingredients in a large bowl and add the following for a dressing.

In a mason jar with a lid combine:

¾ cup of avocado oil or good quality EVOO (Extra Virgin Olive Oil)

½ cup of lemon juice

1/3 cup of raw apple cider vinegar (can be omitted and lemon juice increased)

3 tbsps of maple syrup

¾ cup finely chopped dill or cilantro

1 tsp minced garlic

Herbamere and pepper to taste

Shake well and pour over bean and veggie mix. Mix well and refrigerate overnight for best results!