

# Ridiculously Easy Bean Salad

## Salad Ingredients

- 1 Can Each- White and Red Beans
- 1/2 Cup Chopped Red Pepper
- 3/4 Cup Frozen Corn
- 1/4 Cup Diced Red Onion
- 1/2 Diced English Cucumber- Feel free to remove the seeds.

## Dressing Ingredients

- 1/2 Cup Light Olive Oil
- 1 Teaspoon Sugar- I prefer to use Whole Earth's Erythritol/Monk Fruit blend as a sugar alternative.
- 1 Teaspoon Dijon Mustard
- 1/3 Cup White Wine Vinegar
- 1/2 Teaspoon Dried Basil
- 1/2 Teaspoon Paprika
- 1/8 Teaspoon Black Pepper
- Salt to Taste

## Instructions

Rinse and drain the beans before adding them to a mixing bowl. Chop the red pepper, cucumber, and red onion up into small pieces and place them in the bowl with the beans. Add the corn.

Next, in a separate bowl, make the dressing by mixing the light olive oil, sugar, dijon mustard, white wine vinegar, basil, paprika, and pepper and pour over the salad ingredients. Add a pinch of sea salt and Bon Appetit!