

Maple Rosemary Bean Salad

A flavorful medley of kidney beans, black beans, green beans and artichokes seasoned with rosemary and lightly sweetened with maple syrup

Yield:

8 servings

Ingredients:

1 can (15 ounces) cut green beans, drained (OR 1 1/2 cups cut cooked green beans from fresh or frozen)

1 can (15 ounces) dark red kidney beans, drained (or 1 1/2 cups cooked dark red kidney beans)

2 cans (15 ounces each) black beans, partially drained

1 can (15 ounces) marinated artichoke hearts, drained and cut into bite-size chunks (about 1 cup)

1/3 cup finely chopped onion

3 tablespoons balsamic vinegar

6 tablespoons pure maple syrup

1/2 teaspoon salt

1 1/2 tablespoons dried rosemary

1/2 teaspoon poultry seasoning

1/2 teaspoon granulated garlic (or 1 clove freshly minced garlic)

2 tablespoons olive oil

Instructions:

1.
In large mixing bowl, combine all ingredients and toss to coat.

Refrigerate for 4-6 hours to allow flavors to combine. Serve bean salad

cold or at room temperature.

Bean salad will keep in the fridge for up to a week.



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This recipe is from Tammy's Recipes.