



# PINTO BEAN SALAD

Yield: 4 servings

## INGREDIENTS

### FOR THE DRESSING

- 1 clove garlic, minced
- 1 lime, juiced
- 2 tablespoons vinegar (apple cider, white or red wine)
- 3 tablespoons olive oil (or any neutral oil)
- 1 teaspoon ground cumin
- 1 teaspoon honey
- Salt and pepper, to taste

### FOR THE SALAD

- 1 (15 ounce) can of pinto beans, drained and rinsed
- 2 tablespoons green garlic, thinly sliced (optional)
- 1 charred poblano pepper, small dice
- 1 jalapeno, seeded and minced
- ½ small yellow onion, small dice
- 1 bunch cilantro, chiffonade
- Salt and pepper, to taste

## INSTRUCTIONS

**01**

### MAKE THE DRESSING

Combine or blend all ingredients together in a blender. Taste for seasoning and adjust as needed. Set aside.

**02**

### FOR THE SALAD

Combine all ingredients together in a large bowl, except for cilantro and salt and pepper. Pour dressing over the salad ingredients and gently toss. Taste for seasoning and adjust as needed. Top with cilantro and toss to combine.

**03**

Serve cold or at room temperature. The salad will keep in the fridge for up to 5 days.

### TIPS

- Make the salad a few hours ahead of time, or even overnight so that the flavors have a chance to meld.
- Use any veggies that you may have in the fridge in the fridge or the freezer like corn, avocado, tomato or bell peppers. Whatever you have will add more flavor and complexity to this simple dish!





## MARKET SHOPPING LIST



**APPLE CIDER VINEGAR**

- Seedling Farms

**HONEY**

- Ellis Family Farms
- Jacobson Family Farms

**GREEN GARLIC**

- Nichols Farm & Orchard

**YELLOW ONION**

- Iron Creek Organic Farm
- Nichols Farm & Orchard

**CILANTRO**

- Jacobson Family Farms
- Smits Farms