

INDIAN SUMMER RELISH SALAD



By Camine Pappas/October, 2013

Prep Time: 20 min. Total Time: 200 minutes.

INGREDIENTS:

1 can northern white beans, drained and rinsed
1 can red kidney beans, drained and rinsed
1 can yellow corn, drained
2 stalks celery cut into preferred sized chunks. I did a medium dice
1/4 medium red onion diced
1 loose cup of spring greens, with radicchio, rinsed, dried and julienned
1/2 red pepper, diced
1 can quartered artichoke hearts, drained
1 small jalapeno, green part only, diced (I might use two!)



Mix all ingredients together. Add vinaigrette just before serving.

TIPS: Add 2 cloves minced garlic if you like, for some pop! This is great with fresh fish, or over chicken, if you heat up.

VINAIGRETTE:

3 T lemon juice, fresh!
3 T rice wine vinegar
1 1/2 T white sugar
5 T sunflower oil
1 T fresh thyme, leaves only
salt and pepper to taste

Whisk briskly. Set aside. Store in fridge until use.

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