

Summer Asparagus Bean Salad

By Camine Pappas, June 1996

SALAD:

- 1 can white beans drained and rinsed
- 1 can kidney beans drained and rinsed
- 1 medium zucchini sliced
- 4 stalks asparagus, blanched and cut into ½ inch pieces
- 1 T sesame seeds
- 1 clove garlic minced
- ½ red pepper diced
- Optional – ¼ C raisins

DRESSING:

- 3 T Casper's Dressing ([can find by clicking here](#)) it's a sweet and light dressing with poppy seeds, light vinegar and the perfect seasoning for everything! Keep a bottle on hand.
- 1/2 t dill weed (fresh would be great!! Just use a little more if it's fresh)
- ½ t ginger
- Dash onion salt
- ½ C fresh parsley (flat leaf is prettiest)

Stir all ingredients together, including dressing. Let sit in the fridge for 2 hours before serving.

You can add diced ham, turkey or salami to this to make a meal.