



Ingredients

cooked black beans *1 cup (250 ml)*
 cooked green lentils *1 cup (250 ml)*
 cooked chickpeas *1 cup (250 ml)*
 cooked pearl barley *1 ½ cup (375 ml)*
 baby arugula (or spinach) *2 cups (500 ml)*
 diced red bell pepper *1 ½ cup (375 ml)*
(approx. 1 whole pepper)
 dried cranberries *½ cup (125 ml)*
chopped
 finely sliced green onion *2 tbspn. (30 ml)*
(approx. 1 whole onion)

Vinaigrette:

apple cider vinegar *¼ cup (60 ml)*
 canola oil *¼ cup (60 ml)*
 whole grain mustard *2 tbspn. (30 ml)*
 salt & ground black pepper *to taste*

Garnish (optional):

toasted sunflower seeds *¼ cup (60 ml)*

The Ultimate Can “EH” dian Salad

Canada | Easy | 15 minutes | 8 servings | Side Dish

This salad is as healthy as it is delicious, containing high amounts of fiber and protein. The beans, chickpeas and lentils are a fantastic combination, but can easily be substituted with any other types of pulses you may have in your pantry.



Tools and equipment

~ large bowl

~ pot



Directions

- 1** Toss prepared pulses, barley, arugula, pepper, cranberries and onion together in a large bowl.
- 2** Whisk all vinaigrette ingredients in a small bowl until fully combined.
- 3** Toss the prepared vinaigrette with the salad. Season with salt and ground black pepper to taste.
- 4** Garnish with toasted sunflower seeds and enjoy!

Notes: this salad is great with multiple pulses, but if you only have one kind simply substitute and the recipe will still work well. The pulses and barley absorb much of the vinaigrette. Taste and season the salad accordingly with cider vinegar and salt & pepper before serving.