



This simple, budget-friendly salad turns pantry staples into a colorful, fiber-rich dish that supports balanced eating. With a mix of canned vegetables, fresh add-ins and a light homemade vinaigrette, it's easy to customize with your favorite flavors. High in fiber, plant-based protein and heart-healthy fats, this salad makes a nutritious side dish or a quick, satisfying lunch for the whole family.

Instructions

1. Combine Canned Ingredients: Add the drained kidney beans, corn, green beans, diced tomatoes and roasted red peppers to a large bowl. Rinse the beans first to help reduce sodium.

2. Mix in the Fresh Vegetables: Add sliced red peppers, chopped celery and grated carrots. Stir in scallions and herbs like parsley or cilantro, if desired.

3. Make the Vinaigrette: In a small bowl, whisk together:

- Olive oil
- Lemon juice
- Garlic powder
- Onion powder
- Salt & pepper
- Dried oregano
- Red pepper flakes

Adjust seasonings to taste. Swap in mustard and balsamic vinegar, if you prefer a tangier dressing.

4. Dress the Salad: Pour the vinaigrette over the salad and toss until everything is well coated. Top with diced avocado for heart-healthy fats and added creaminess.

Ingredients

Canned Ingredients (drained)

- 1 can kidney beans
(rinsed to reduce sodium)
- 1 can sweet corn
- 1 can green beans
- 1 can diced tomatoes
(regular, fire-roasted, or seasoned)
- 1 can roasted red peppers

Optional canned swaps:

Black beans, pinto beans, chickpeas, olives, beets, artichoke hearts, water chestnuts

Fresh Ingredients

- Sliced red peppers
- Chopped celery
- Grated carrots
- 2 - 3 scallions, chopped
- Fresh parsley or cilantro *(optional)*
- Diced avocado *(for topping)*

Vinaigrette

- Olive oil
- Lemon juice *(or substitute balsamic vinegar + mustard for a zestier flavor)*
- Garlic powder
- Onion powder
- Salt & pepper
- Dried oregano
- Red pepper flakes