



MELISSA'S KIDNEY BEAN SALAD

Ingredients:

15 oz can red kidney beans, drained and rinsed

½ red bell pepper, julienned

2 green onions, finely chopped

3 T finely diced red onion

1 T minced seeded jalapeno pepper or to taste

1-2 T apple cider vinegar or to taste

Olive oil

Black pepper, to taste

1-2 T toasted pepitas

Dressing (1 drop cilantro oil, apple cider vinegar, olive oil, salt and pepper)

Instructions:

In a large bowl mix beans, pepper, onions, jalapeno, and cilantro. Top with the pepitas. Combine ingredients to make salad dressing, pour over and toss.