

# Lauren's Black Bean Salad

Recipe By Norene Gilletz



Cooking and Prep:  05  
m

Serves:  6

Contains: 

Preference: Dairy

Difficulty: Easy

Diet: Vegetarian, Gluten Free,  
Pescetarian

Source: OU Kosher

## Ingredients (8)

### Main ingredients

- 2 (19-oz.) cans black beans, drained and rinsed
- 1 cup chopped red onion
- 1/4 cup **Bartenura Extra-Virgin Olive Oil**
- 1/4 cup **Bartenura Balsamic Vinegar**
- 2 teaspoons minced garlic
- salt

freshly ground **Gefen Black Pepper**

1 cup crumbled feta cheese

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## Start Cooking

### Prepare the Salad

1. Combine the beans, onion, oil, vinegar, garlic, salt, and pepper in a large bowl; mix well. (Can be prepared in advance up to this point and refrigerated for up to 24 hours.)
2. At serving time, sprinkle with feta cheese and serve immediately.

#### Note:

Keeps for three to four days in the refrigerator.

#### Variation:

Tex-Mex Bean Salad: Omit feta cheese. Add 2 cups drained corn kernels, 2 chopped red peppers, and 1/2 cup minced fresh cilantro or parsley.