

Balsamic Soy Bean Salad



FOODSERVICE

SERVING SIZE: 30

Ingredients

- 1 7/8 fluid ounces Vinegar, Balsamic
- 1 7/8 liquid tablespoons Soy Sauce
- 2 teaspoons Minced Garlic
- 2 teaspoons Salt
- 1/4 teaspoon Black Pepper
- 1/8 teaspoon Crushed Red Pepper Flakes
- 6 fluid ounces Canola Oil
- 3/4 cup Red Onion, Finely Diced
- 5 5/8 cups **Furmano's Black Beans**, Drained & Rinsed
- 2 5/6 cups **Furmano's Chick Peas**, Drained
- 1 7/8 cups Halved Grape Tomatoes
- 1 7/8 tablespoons Chopped Parsley

In This Recipe



Black Beans, Low Sodium -
Bella Vista



Black Beans in Brine



Extra Fancy Chick Peas
(Garbanzo Beans)

Preparation

1. In a large mixing bowl, add Balsamic Vinegar, Soy Sauce, Garlic, Salt, Black Pepper, and Red Pepper Flakes.
2. While whisking vinegar mixture, slowly add Canola Oil in a steady stream.
3. Add Red Onion, Furmano's Black Beans, Furmano's Chick Peas, Grape Tomatoes, and Parsley. Toss to mix together.
Refrigerate 1 hour prior to serving.