

upclose & tasty

Blood Orange Salad with Mixed Beans

Inspired by Bon Appétit

Ingredients

1/4 cup olive oil

1/4 teaspoon red pepper flakes

2 tablespoons fresh lime juice

2 teaspoons red wine vinegar

2 cups cooked mixed beans

Note: *I used black eyed peas and butter beans*

2-3 blood oranges, peeled, pitted and sliced into rounds or wedges

2 celery stalks, thinly sliced

1/2 cup of broccoli sprouts (or sprouts of your choice)

1/4 cup cilantro leaves (extra for garnish if desired)

Salt and pepper

Preparation

1. Combine olive oil, red pepper flakes, lime juice and red wine vinegar in a medium bowl.

2. Season with salt and pepper.

3. Add 2 cups of cooked, mixed beans and toss to coat.

4. Let sit for about 10 minutes.

5. Add oranges, celery, broccoli sprouts and cilantro leaves to the beans.

6. Season with salt and pepper to taste and toss once.

Note: *I decided to add more lime juice to taste as well.*

7. Garnish with more sprouts and cilantro, if desired.

Enjoy!