

## Zesty Bean Salad and Pizza

Makes 4 servings

### Ingredients

#### Bean Salad:

- 1 can (540 mL) black beans, rinsed
- 1 can (540 mL) kidney beans, rinsed
- 1 can (540 mL) chickpeas, rinsed
- ½ cup (125 mL) cherry tomatoes, halved
- ½ small red onion, chopped
- 2 stalks celery, chopped
- OPTIONAL: 1 tsp dried parsley, or ½ cup (125 mL) fresh parsley, rinsed & chopped

#### Dressing:

- 1 Tbsp vinegar, 2 Tbsp vegetable oil, 1 tsp Dijon mustard, 1 tsp maple syrup or sugar, ½ tsp salt

#### Pizza:

- 4 whole grain pitas, tortillas or naan
- 1 cup (250 mL) chopped vegetables/fruit (e.g. broccoli, red pepper, cauliflower, mushroom, carrot, pineapple)
- ½ cup (125 mL) tomato sauce
- 2 cups (200g) mozzarella cheese, grated

### Directions

1. Pre-heat oven to 200°C (400°F).
2. Set out all the ingredients.
3. Rinse beans and vegetables under cool running water.
4. Prepare vegetables (chop).

#### Bean Salad:

5. In a medium bowl, add black beans, kidney beans, chickpeas, onion, tomatoes, celery and herbs (if using).
6. In a small container with lid, add vinegar, oil, maple syrup/sugar, mustard and salt. Shake to mix.
7. Pour dressing over salad and stir. Cover and chill in refrigerator.

#### Pizza:

8. Place pitas, tortillas or naans on baking sheet. Spread tomato sauce on each one.
9. Add vegetables and beans (if using). Sprinkle with cheese.
10. Bake pizzas for 8-10 minutes, until cheese is melted.
11. **Careful, it's hot!** Using oven mitts, remove from oven. Cut into triangles.



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### Tips and Tricks:

- **Wash hands** with soap and warm water for 20 seconds, before, during and after preparing food.
- **Get creative!** Use different vegetables from the fridge or freezer. Try different cheeses.
- Use **canned, fresh or frozen vegetables and fruit.**
- **Have leftovers?** Let cool, then store in covered container in the fridge for up to 3 days.

***Enjoy your balanced plate of vegetables, protein and whole grains!***

▶ **Watch the how-to-video!** [foodliteracyptbo.ca](http://foodliteracyptbo.ca)