

ONE BITE

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Vegan Magazine

July / August 2019

VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



THREE BEAN PROTEIN

Summer Salad

PREP TIME:
10 minutes

TOTAL TIME:
130 minutes

YIELD:
6 servings (1 cup)

CALORIES:
148 per serving

By Shane Martin

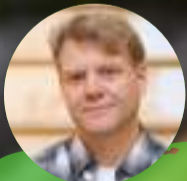
Simple, but delicious, three-bean salad, perfect for summer. Made with cannellini beans, red kidney beans, and chickpeas that are brought to life by celery, red onion, parsley, and a tangy-sweet, oil-free dressing.

INGREDIENTS

- 2 celery stalks
- ½ red onion
- 1 cucumber
- 1 cup loosely packed fresh parsley (about 1/2 a bunch)
- 1 15- ounce can chickpeas (low-sodium or no salt added, rinsed and drained)
- 1 15- ounce can red kidney beans (low-sodium or no salt added, rinsed and drained)
- 1 15- ounce can cannellini beans (low-sodium or no salt added, rinsed and drained)
- ¼ cup red wine vinegar
- 2 Tbsp maple syrup
- 2 Tbsp water
- 1 tsp. dried oregano
- salt and pepper to taste

INSTRUCTIONS

1. Dice the onion and celery – add to a large bowl.
2. Deseed the cucumber, first, by cutting in half lengthways. Next, scoop out the soft seeds by running a teaspoon over the seeds. **DON'T DIG INTO THE CUCUMBER!** You want to leave the “meaty” part of the cucumber. Now, cut in half lengthways again and dice. Toss into the bowl with the onion and celery.
3. Finely chop the parsley and toss into bowl. Add all the beans and mix until everything is well combined. (For some, fresh parsley is a bit strong so feel free to leave it out if it ain't yo' thang.)
4. Mix dressing ingredients in a measuring cup or small bowl, pour over salad and toss well.
5. Let chill in the fridge for a couple of hours so the beans can absorb all the flavors. But, if you can't wait, go ahead and eat. But, you really should practice patience.



Shane Martin —

Shane is a vegan blogger and “recipe adaptor” at shaneandsimple.com. After converting to plant-based eating and reaping the health benefits, Shane's aim is to make plant-based cooking easy and delicious.

Website: shaneandsimple.com

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