

HONEY-BALSAMIC BEAN SALAD

(from *101cookbooks.com*)

8 oz (about 1 1/2 cups each of cooked chickpeas, pinto beans, and black beans (choose other beans if desired)

1 small head of romaine lettuce, washed, dried, and shredded

1/3 cup sliced almonds, toasted

2 teaspoons extra-virgin olive oil

1 1/2 Tablespoons runny honey

2 Tablespoons balsamic vinegar

1 1/2 Tablespoons fresh lemon juice

1/4 + teaspoon sea salt

10 sprigs fresh thyme

Combine the beans, lettuce, and most of the almonds in a large salad bowl. Set aside. Make the dressing by whisking the olive oil, honey, balsamic vinegar, lemon juice, and salt in a small container. Taste, and adjust to your tastes.

Run your finger up each thyme sprig, removing the leaves. Add to the salad bowl along with a good amount of the dressing. Toss well, and add more dressing if needed. Top with remaining almonds. Serves 4-6.