



### **Esther Wojcicki's 4 Bean Salad**

**My secret 4 bean salad recipe. (I improvised because I wanted me kids to eat beans)**

#### **Ingredients:**

- 1 can of garbanzo beans
- 1 can of kidney beans
- 1 can of white beans
- 1 lb of fresh green beans cut and cooked lightly
- 1 jar of pimentos
- 1 red onion chopped
- 1 red pepper chopped
- Fresh basil (as much as you like)
- 1 tsp salt
  
- 1/2 cup of olive oil
- 1/2 cup of vinegar (I use apple cider but you can use your favorite)
- 1/2 cup of sugar
- Increase if necessary but keep the same proportions

#### **Instructions**

Combine all ingredients and let the salad sit for 12 hours or more  
It is a GREAT way to get kids to eat beans and get plenty of protein.  
My bean salads were the first thing to disappear at my BBQs. People loved it.