

## three-bean & corn salad

*pictured on page 148*

**Prep** about 25 minutes plus chilling

**Cook** about 10 minutes

**Makes** about 7 cups or  
12 accompaniment servings

**Salt and ground black pepper**

**12 ounces green and/or wax beans,**  
trimmed and cut into 1-inch  
pieces

**1 small shallot, finely chopped**

**¼ cup olive oil**

**3 tablespoons fresh lime juice**  
(from 2 limes)

**2 tablespoons white wine vinegar**

**2 tablespoons honey**

**1 tablespoon chopped fresh**  
tarragon leaves

**1 tablespoon Dijon mustard**

**1 can (15 to 19 ounces) red**  
kidney beans, rinsed and drained

**1 can (15 to 19 ounces) white**  
kidney beans (cannellini), rinsed  
and drained

**1½ cups fresh corn kernels (from**  
3 to 4 ears)

**1 medium red pepper, cut into**  
½-inch pieces

**1.** In 2-quart saucepan, heat 1 inch water with 1 teaspoon salt to boiling over high heat. Add green beans; heat to boiling. Reduce heat to medium-low; simmer 5 minutes or until beans are tender-crisp.

**2.** While green beans are cooking, prepare dressing: In small bowl, with whisk, mix shallot, oil, lime juice, vinegar, honey, tarragon, Dijon, ¾ teaspoon salt, and ¼ teaspoon black pepper until blended.

**3.** Drain green beans. Rinse with cold running water to stop cooking; drain again. Transfer beans to large serving bowl. Add canned beans, corn, and red pepper to bowl with green beans.

**4.** Add dressing to bean mixture; toss until evenly coated. Cover and refrigerate at least 1 hour to blend flavors or up to 8 hours.

>> Each serving: About 160 calories,  
5 g protein, 24 g carbohydrate, 5 g total fat  
(1 g saturated), 6 g fiber, 0 mg cholesterol,  
315 mg sodium.