

Black Bean and Walnut Salad (from 12 Best Foods Cookbook) **(Good on days 1, 2, 3, 9, 10)**

Makes 2 Main Dish servings, 4 side dish servings

Salad:

1/3 cup walnuts

- 1 (15-ounce) can black beans, drained**
- 1 scallion, white and green parts, chopped**
- 1 small clove garlic, finely chopped**
- 2 tbsp chopped flat-leaf parsley**
- 3 large basil leaves, rolled and cut into thin strips**

Dressing:

- 4 tsp red wine vinegar**
- 1 tsp Dijon mustard**
- 1 tsp sea salt**
- Freshly ground black pepper**
- 1 tbsp extra-virgin olive oil**

1. Preheat the oven to 350°F.
2. Toast the nuts in a shallow pan for 10 minutes, until they are fragrant, stirring 2 or 3 times. Set them aside. When they are cool, use your fingers to break them into small pieces. Place the nuts in a medium mixing bowl.
3. Add the beans, scallion, garlic, parsley and basil to the nuts. Use a fork, toss to combine.
4. For the dressing, combine the vinegar, mustard, and salt in a small bowl. Season to taste with pepper. Whisk in the oil. Pour the dressing over the bean mixture and stir with a fork to coat evenly. Let it sit for 30 minutes before serving, to allow the flavors to meld. Check the seasoning and serve.