Kidney Bean and Tarragon Salad  
Beans are rich in ‘resistant starch’ which helps to keep us feeling satisfied throughout the day.  
  
Ingredients  
2 Tbsp champagne vinegar  
1 tsp dijon mustard  
1 can (15 oz.) red kidney beans, drained and rinsed  
all to taste: minced fresh parsley, chopped red onion, sea salt and freshly ground back pepper  
  
Preparation  
1. Combine the vinegar and mustard in a large bowl.  
2. Whisk in the olive oil until emulsified.  
3. Add the beans, tarragon and onion.  
4. Season with sea salt and pepper to taste, and mix to combine.