

# Cannellini Beans Salad

A nice simple **English**<sup>1</sup> salad for a summers day, or for supper.

## Ingredients

- 125 gm dry weight cannellini beans
- 45ml sunflower oil
- ml **FAIRTRADE** lemon juice
- sea salt
- fresh ground **FAIRTRADE** black pepper
- 1 celery heart
- 2 **FAIRTRADE** eating apples
- 30ml **FAIRTRADE** raisins

## Method

Soak the peas and beans overnight.

Drain, cover with cold water, bring to the boil in a covered pan and cook fast for 15 minutes, reduce the heat to a simmer and cook for a further 45 - 50 minutes, or until tender.

Drain the beans and allow to cool.

Meanwhile:

Wash and slice the celery heart.

Wash, core and chop the apples.

Add the celery and apples to the beans along with the raisins.

## Dressing

Mix the oil, lemon juice, salt and pepper in a measuring jug, and then pour over the beany mix.

## To finish

Turn everything gently with a spoon so that it is all coated with the dressing.

Chill.

## To serve

Chill for 30 minutes prior to serving.

Serve with hunks of wholemeal bread and butter.

## Variation

Substitute **Fair Trade** Aduki, **Fair Trade** Black, or Black-eye beans for Cannellini.

Substitute your favourite Zaytoun **FAIRTRADE** Olive oil for sunflower seed oil.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>