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***If Veterans don't help Veterans, who will?***

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## ***Three-Bean Salad***

- 3 Tablespoons cider vinegar
- 3 Tablespoons rice vinegar
- 1 Tablespoon sugar
- 1 Tablespoon whole-grain mustard
- 1 Tablespoon canola oil
- 1/2 Teaspoon salt
- Freshly ground pepper, to taste
- 1/3 Cup diced red onion
- 1 15-ounce can black-eyed peas, or chickpeas, rinsed
- 1 10-ounce package frozen baby lima beans, or shelled edamame
- 1 Pound green beans, trimmed and cut into 1-inch pieces
- 2 Tablespoons chopped fresh parsley

- 1) Put a large saucepan of water on to boil. Fill a large bowl half full with ice water and place next to the stove.
- 2) Meanwhile, whisk cider vinegar, rice vinegar, sugar, mustard, oil, salt and pepper in a large bowl until blended. Add onion and black-eyed peas (or chickpeas); toss to coat.
- 3) Cook lima beans (or edamame) in the boiling water until tender, about 5 minutes. Remove with a slotted spoon and refresh in the ice water. Pat dry and add to the bowl.
- 4) Cook green beans in the boiling water until just tender, 3 to 6 minutes. Drain and refresh in the ice water. Pat dry and add to the salad along with parsley; toss well.

Makes 8 servings

