

# Pantry Recipes

Easy, nutritional, and delicious recipes using basic items often found in the St. Michaels Community Center's pantry.

## Three-Bean Salad

### Ingredients:

- 1 can kidney beans
- 1 can black-eyed peas
- 1 can cut green beans
- ½ red onion, diced (soaking red onion in water will help take the “edge” off)
- 2 celery stalks, finely chopped
- 1 cup finely chopped parsley (dried can be used to)
- 1 cup Italian dressing



### Directions:

1. In a large bowl, mix the drained and rinsed beans, onion, celery, and parsley.
2. Toss with dressing. Let chill in the fridge before serving.

### Tips:

This recipe can be made with any beans of your choice. Garbanzo beans and chickpeas are great choices! Fresh or dried herbs add different flavors, so it never gets boring. Have fun creating your own version of bean salad from what you have in your pantry. Let me know how it turns out!

**Not only has Amy stocked your bag with beans, but you will also start seeing them at the farmers market! Stop by and ask a farmer any bean question you have!**

Beans are a great source of protein, but did you know they are also full of antioxidants? They are great for heart health and may help stabilize blood glucose, just to name a few of their benefits! Beans really are the magical fruit!

**A Reminder:** The St. Michaels Community Center's Pantry and Community Cafe will be closed in recognition of Memorial Day on Monday, May 29th.



Executive Chef Kerri Clear  
St. Michaels Community Center



The St. Michaels Community Center's mission is to serve, empower, and connect the community, with year-round programs and activities.

### Community Cafe and Pantry hours:

Mondays, 4-6 p.m., Wednesdays 1-3 p.m., and Fridays 1-3 p.m.

**St. Michaels Community Center | 410-745-6073 | [www.stmichaelscc.org](http://www.stmichaelscc.org)**