

🍷 A nostalgic four-bean salad with a bright, no-oil Italian-style vinegar dressing. 📧 Forwarded this? Subscribe below to get it straight to your inbox!

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Hi ,

By the middle of July, I start looking for recipes that are simple, cool, and practical — the kind of food that comes together quickly, does not require turning on the oven, and tastes even better after a few hours in the refrigerator.

This week's recipe was inspired by the simple bean salad my mom made when I was growing up. She used canned beans, chopped red onion, celery, and a tangy red wine vinegar dressing, then let everything sit until the flavors came together.



Recipe to Try This Week

Oil-Free Marinated Italian Bean Salad keeps that same pantry-friendly spirit but gives it a PLANTifull Fare twist. It is whole-food, plant-based, oil-free, and full of bright Italian flavor.

I remember her version as a four-bean salad made with kidney beans, green beans, yellow wax beans, and chickpeas.



I loved it then for the bright, tangy dressing and all those different textures. I appreciate it even more now because it is made with everyday pantry ingredients, comes together easily, and proves that simple food can still feel full of flavor — no oil needed.

It is a perfect summer side dish for cookouts, potlucks, picnics, or easy weekday meals.

👉 [Get the recipe + my best tips for making this salad work.](#)



Kitchen Tip: Let the Marinade Do the Cooking

Many non-lettuce salads — like bean, pasta, grain, lentil, cucumber, or marinated vegetable salads — taste better after they rest.

That extra time gives the dressing a chance to soak in, the vinegar a chance to mellow, and the ingredients a chance to absorb more flavor.

If a salad tastes a little flat right after mixing, let it rest first. Then taste again and adjust.

Sometimes the missing ingredient is simply **time**.



I hope this week brings you simple summer meals, good pantry staples, and something cool and satisfying waiting in the refrigerator.

With love from my kitchen to yours,
Donna

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My goal is to inspire **you** to embrace a plant-fueled lifestyle for a healthier, more vibrant life.

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Cooking Class Interest

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PLANTifull Fare, LLC

4002 Emory Peak Pass, Austin Texas

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