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Three Bean Salad

Serves 8

- 1 (14.5 ounce) can red kidney beans, rinsed and drained
- 1 (14.5 ounce) can wax beans, rinsed and drained
- 1 (14.5 ounce) can French-cut green beans, rinsed and drained
- 1 green bell pepper, thinly sliced
- 1 small onion, thinly sliced
- 2/3 cup garlic vinegar, or 2/3 cup sherry vinegar and 1 teaspoon minced garlic
- 1/3 cup sugar
- 1 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper
- 1/4 cup extra-virgin olive oil

In a large bowl, combine the beans, bell pepper, and onion. In a small bowl, whisk together the vinegar, sugar, salt, black pepper, and oil. Pour over the bean salad and refrigerate for 6 hours or overnight.

Notes: One (14.5-ounce) jar of artichoke hearts, rinsed and drained, is a nice addition to the recipe.

After marinating for several hours, the beans may soak up much of the dressing. Allow the salad to come to room temperature, and adjust the seasonings, adding a touch more oil and vinegar, if needed.

Washboards and Accordions

Zydeco music – that heart-pounding, fast-tempo, syncopated music of Louisiana and East Texas – shakes dance halls with the accent on the second and fourth beats. The name itself applies not only to the genre but also to the style of dance. It is thought to have come from a Creole title for a popular dance tune, “*Les Harcots sont Pas Salés*” (The Snapbeans Are Not Salted). A diverse blend of melodies and instruments, zydeco mingles with Caribbean, French West Indian, and African sounds with German polka.

Everyone from little children to old folks can be found dancing together at a *fais-do-do*, much like a covered-dish supper with nonstop dancing. Folding tables covered with all types of dishes rattle as two-steppers promenade. This substantial salad is always a nice addition to a gathering of any kind where stamina is needed, such as a family reunion.