

RECIPE



THREE BEAN SALAD WITH GARLIC DILL VINAIGRETTE

INGREDIENTS:

1	lb	green beans, washed and trimmed
1/3	cup	small white beans, drained and rinsed
1/3	cup	chickpeas, drained and rinsed
1	tsp	white wine vinegar
2	tsp	lemon juice
1	lg	garlic clove, minced
1	tsp	fresh dill, roughly chopped
1/4	cup	extra virgin olive oil
		kosher salt
		freshly ground black pepper, to taste
1/4	cup	kalamata olives, chopped
1/3	cup	grape tomatoes, sliced (optional)

DIRECTIONS:

Start by adding about 3 inches of water to a high-sided sauce pan and bring to a boil. Also set aside a large mixing bowl with ice water and a clean towel. Once the water has come to a boil, sprinkle in about a teaspoon of kosher salt and put the string beans in. Cover and let simmer for about 3-4 minutes until the string beans turn bright green, stirring occasionally to make sure all the string beans are covered water.

Meanwhile, make the dressing in the bottom of a large mixing bowl by adding the white wine vinegar, lemon juice, minced garlic, chopped dill and about 1 teaspoon of kosher salt and about a 1/2 teaspoon of freshly ground black pepper (to taste). Whisk the ingredients together while slowly streaming in the extra virgin olive oil until the mixture emulsifies. If the dressing is too thick, you can add a dash of water and stir it in.

Using kitchen tongs, take the string beans out of the boiling water and place them in the ice bath to shock them. This is key to not only stopping the cooking process but to keeping their bright green color. Remove them from the ice bath after a few swishes and place on the clean kitchen towel to dry off.

Once the string beans are dried, add them to the mixing bowl with the dressing on the bottom. Add in the drained and rinsed small white beans and chickpeas, the chopped kalamata olives and grape tomatoes (if using) and toss all together.

Plate and serve.

Serving: 6


