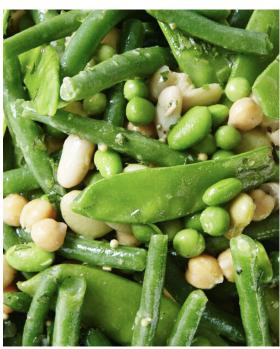
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ingredients

Lemon Dijon Dressing

6 tbsp olive oil

- 3 tbsp champagne vinegar
- 1 tsp Dijon mustard
- 1 small garlic clove, minced
- 1 tsp mustard seeds
- 1/2 tsp lemon zest
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper

Bean Salad

2 cups fresh green beans, ends
snipped
11/2 cups frozen edamame, thawed
2 cups snow peas
1 cup fresh green peas
11/2 cups canned chickpeas, rinsed
and drained
1½ cups baby lima beans, rinsed
and drained
11/2 cups white (cannellini) beans,
rinsed and drained
1 tbsp chopped fresh flat-leaf
parsley
2 tsp fresh thyme
1 tsp lemon zest
1/4 tsp kosher salt, or more to taste

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directions

1. For the Lemon Dijon dressing, in a food processor or blender, combine olive oil, champagne vinegar, Dijon mustard, garlic, mustard seeds, lemon zest, salt and pepper. Pulse 2-3 times, until well combines. Set aside.

your table.

7 bean salad

While a three bean salads are fine and five bean salads are swell, there's nothing as spectacularly simple and delicious as this (Lucky) Seven Bean

Dijon dressing, is guaranteed to become a staple at

Salad. This quick, easy and healthy salad, a combination of tasty beans tossed in a tangy Lemon

2. For the salad, bring a medium pot of water to a boil over high heat. Add green beans and edamame. Turn heat to low and cook 1 minute. Add snow peas and fresh green peas and continue cooking 1 minute more. Drain and immediately plunge into a bowl of ice water to stop cooking. Once cold, drain again and dry out completely. Place in a large bowl along with chickpeas, lima beans, white beans, parsley, thyme, lemon zest and salt. Pour dressing over salad, toss well and refrigerate covered until ready to serve.

"I was determined to know beans."

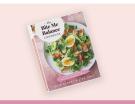
- HENRY DAVID THOREAU



julie albert & lisa gnat



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