



## 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 Salad. This quick, easy and healthy salad, a combination of tasty beans tossed in a tangy Lemon Dijon dressing, is guaranteed to become a staple at your table.

SERVES: 6-8



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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
- ½ tsp lemon zest
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper

#### Bean Salad

- 2 cups fresh green beans, ends snipped
- 1½ cups frozen edamame, thawed
- 2 cups snow peas
- 1 cup fresh green peas
- 1½ cups canned chickpeas, rinsed and drained
- 1½ cups baby lima beans, rinsed and drained
- 1½ cups white (cannellini) beans, rinsed and drained
- 1 tbsp chopped fresh flat-leaf parsley
- 2 tsp fresh thyme
- 1 tsp lemon zest
- ¼ tsp kosher salt, or more to taste

### 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.
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

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