

GREEN BEAN SALAD

Time: 30 minutes

Serves: 4

Ingredients:

1 pound green beans – trimmed and cut into 2" pieces
2 tablespoons extra-virgin olive oil
½ teaspoon Dijon mustard
2 teaspoons balsamic vinegar
1 clove garlic – very finely chopped or crushed
1 pinch kosher salt
½ pound cherry tomatoes – quartered
½ cup chives – chopped
2 tablespoons fresh basil – chopped
2 tablespoons fresh oregano - chopped

Preparation:

Place a pot containing a steaming basket along with enough water to touch the bottom of the basket on high heat. When the water comes to a boil, add the beans, cover the pot loosely and steam for five minutes.

While the beans are steaming, whisk together the oil, mustard, balsamic, garlic and salt in a small bowl.

Once the beans are cooked, pour them into a colander and rinse with cold water until cool. Place then in a large bowl, pouring over the dressing and tossing with the balance of the ingredients.

Serve immediately or refrigerate for up to one day.

Nutritional Information Per Serving:

Calories: 107
Fat: 7g
Carbs: 11g
Fibre: 5g
Protein: 3g