

Green Beans With Cucumbers

Take your fresh beans and trim the ends. Boil a large pot of water with 2 tablespoons of salt. The salt sets the green color and will be washed off when you rinse the beans. Put the beans in the pot when the water is boiling. Cook until just tender crisp which will be in about 5 – 6 minutes. By all means taste them and cook until they are just right which means just a little firm and tender. Drain the beans in a colander and cool immediately with cold water. You can put ice cubes on them to chill them down more quickly. Move to a paper towel to dry.

Now they're ready to use in salads. You can also steam them using the same method only putting the beans in a steamer. You'll retain more nutrients.

- 1 pound of fresh green beans trimmed, cooked as above and cut into thirds
- 1 cucumber cut into 1 inch chunks
- 2 medium shallots trimmed and sliced thin
- 1/2 cup Italian leaf parsley, chopped fine
- 1/4 cup olive oil
- 2 teaspoons dried basil or 1 T. fresh
- 2 T. apple cider vinegar
- salt and pepper to taste

Serves 6

Mix the vegetables in a salad bowl and add parsley. Mix the rest of the ingredients and shake. Pour it over the vegetables and marinate at least an hour. Take it out of the refrigerator at least 15 minutes before you eat so you can have it at room temperature.

Green Bean Salad With Walnuts

- 1 pound of fresh green beans, cooked as above and cut into thirds
- 1/2 cup finely chopped walnuts

Vinaigrette:

- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

- 2 teaspoons Dijon mustard
- 4 T. fresh lemon juice
- 1/2 cup olive oil

Shake vigorously to blend and pour the dressing over 1 pound of cooked green beans that have been thoroughly chilled. Add finely chopped walnuts to the beans and mix thoroughly. You could substitute a can of drained tuna packed in water for the walnuts.

Serves 4