



Three Bean Salad

Makes 2.5qts

Ingredients

Kosher salt

Ice

8 ounces fresh green beans (about 2 cups), washed and cut in half

1/4 cup sherry vinegar

2 teaspoons Dijon mustard

1 tablespoon honey

1/2 cup extra-virgin olive oil

One 15-ounce can cannellini beans, rinsed and drained

One 15-ounce can red kidney beans, rinsed and drained

1/4 cup fresh basil leaves, chopped

1/4 cup fresh flat-leaf parsley leaves, chopped

1 shallot, minced

Freshly ground black pepper

Add toasted almonds or pecans



Instructions

Bring a pot of salted water to a boil. Set up a large bowl of ice water. Add the green beans to the pot and cook until crisp-tender, 2 to 3 minutes. Drain and plunge the green beans into the ice water to stop the cooking. Drain the green beans.

Whisk the vinegar, mustard and honey in a large bowl. Whisk in the oil until emulsified. Add the green beans, cannellinis, kidneys, basil, parsley and shallots to the bowl and toss to coat. Sprinkle with salt and pepper and serve.

Nutrition Facts

Serving Size: 1/2 cup; Calories 80; Total Fat 0g; Saturated Fat 0g; Cholesterol 0mg; Sodium 470mg; Total Carbohydrates 18g; Dietary Fiber 3g; Protein 3g

Recipe courtesy Jeff Mauro



BlueCross BlueShield of South Carolina and
BlueChoice HealthPlan of South Carolina