

Green Bean Salad with Shallots and Mint

From – From Asparagus to Zucchini

1 lb fresh green beans
½ cup coarsely chopped fresh mint leaves
2 Tbsp white wine or rice vinegar
¼ cup walnut oil
½ cup chopped toasted walnuts
½ cups minced shallots (or substitute onions)
½ tsp ground black pepper
2 Tbsp extra virgin olive oil

- Trim the ends from the beans. Break into 2” pieces.
- Steam beans for 5 to 6 minutes or until they are tender but still crisp.
- Rinse immediately under cold water and pat dry.
- Put them in a bowl with the walnuts.
- To make the dressing, whisk the mint, shallots, vinegar, salt and pepper in a small bowl.
- Slowly add the walnut and olive oils, whisking continuously.
- Pour the dressing over the beans and gently toss.
- Cover and let sit for 30 minutes to allow flavors to blend.
- Serve immediately or refrigerate before serving.



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