

Bean Salad



This classic salad takes on a brand new twist with the addition of our spicy Peanut Sauce. It's perfect for summer picnics and potlucks. I like to make it in the summer when there is an abundance of fresh green and yellow beans in the garden. It can also be made at other times of the year - just use the canned green and yellow beans in place of the cooked ones.

I really like the last minute addition of the fresh basil. I find the flavour is much fresher when it is added just before serving. If I'm not serving the whole salad I just proportionately add the basil to the amount I'm serving and save the rest for later.

Makes 2 1/2 quarts, or 10 cups

Ingredients

SALAD

1 cup	Green beans - fresh, washed and cut in 1 1/2" pieces
1 cup	Yellow beans - fresh, washed and cut in 1 1/2" pieces
1 - 14 oz. can	Kidney beans - red, drained, rinsed
1 - 14 oz. can	Lima beans- drained, rinsed
1 - 14 oz. can	Garbanzo beans - drained, rinsed
1 whole	Red onion - sliced very thin
1 whole	Green pepper - sliced very thin

DRESSING

1 cup	Peanut Sauce
1/2 cup	Roasted Garlic Olive Oil
1/2 cup	Balsamic Vinegar (Modena)
1/4 cup	Sugar - brown
1 tsp	Mustard - Dijon
To taste	Salt - preferably fleur de sel
To taste	Pepper - black, freshly ground

LAST MINUTE ADDITION

1 large bunch Basil - fresh, washed, stems removed, sliced (see our tip for cutting fresh basil)

Instructions

1. Set a steamer basket insert into a large saucepan and fill with water to a level just below the steamer. Bring to a boil. Add green and yellow beans, reduce heat and steam for 3-5 minutes – the beans should be blanched and slightly tender...be careful not to overcook. Remove the steamer from the pot and allow the beans to cool to room temperature.

2. Place the dressing ingredients in a large mixing bowl. Using a spoon thoroughly mix the ingredients. Add the beans, red onion and green pepper. Toss the dressing through the bean mixture. Let the beans stand in the dressing for several hours or overnight. Stir occasionally. Keep covered and refrigerate.

3. Just before serving add the fresh basil.

Cutting Fresh Basil With Ease:

Wash and dry the basil thoroughly.

Remove the stems.

Layer the leaves one on top of the other.

Using your knuckles as a guide, chop the basil leaves.