

SUMMER BEAN SALAD

Yield: 5 Servings

INGREDIENTS:

- 1 ½ cups canned bean trio
- 1 ½ cups red and yellow grape tomatoes, halved
- 1 cup green beans
- 1 zucchini
- 1 ear fresh corn, peeled and cleaned
- 3 Tbsp. lime juice
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. Italian parsley, chopped
- 1 Tbsp. basil, chopped
- 1 tsp. mint, chopped
- 1 ½ tsp. kosher salt
- ¼ tsp. ground black pepper

METHOD:

1. Preheat the grill to medium-high heat. Set up a blanching station with a large pot of salted water brought to a boil and an ice water bath prepared in a large bowl.
2. Clean and cut zucchini into quarters. Lightly drizzle zucchini and the ear of corn with olive oil and season with salt and pepper.
3. Grill zucchini quarters and ear of corn until slightly charred on both sides. Once cooled, cut corn off the cob. Set aside.
4. Blanch green beans and set in the ice water bath. While green beans are cooling, drain and rinse the bean trio. Set aside.
5. Cut blanched green beans into ¼ inch pieces.
6. In a large bowl, add halved red and yellow grape tomatoes, blanched green bean pieces, zucchini and corn. Mix gently.



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7. Drizzle with lime juice and olive oil. Mix until evenly coated.
8. Add Italian parsley, basil, mint, kosher salt and ground black pepper.
Mix until well combined.
9. Cover and allow to marinate for 30 minutes. Salt to taste.

