



Recipe Developed by Ellen Adams
for Cooking With Heroes
at EquiCenter, INC.

Chilled Green Bean Salad with Dill

Ingredients:

4 Tbsp extra virgin olive oil
1 ½ Tbsp balsamic vinegar
2 Tbsp fresh dill (packed)
roughly chopped 1 medium clove garlic
crushed ½ tsp Kosher salt
¼ tsp crushed red pepper flakes
20 to 25 turns freshly ground black pepper
2 lbs green beans, cleaned, ends trimmed and steamed

Directions:

1. Begin by mixing the olive oil, vinegar, fresh dill, garlic, salt, pepper and red pepper flakes in a small bowl. Whisk or mix until well combined. Set aside.
2. Insert a steamer basket into a pot with just enough cold water so that there is at least ½" of space between top of water and steamer basket. Add a pinch of salt to water. Also set up an ice bath in a large bowl or container in the sink (for cooked green beans).
3. Steam green beans for 6 to 7 minutes, until just tender. Immediately drain and transfer green beans to ice bath. This stops the cooking process. Allow to cool and then drain well from the water.
4. Transfer steamed and drained beans to a mixing bowl and toss with dressing until well coated. Cover and refrigerate until ready to eat and enjoy!

Serves 6