

Spring Vegetable: Green Beans

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Roasted Green Beans

Ingredients:

2 pounds fresh green beans,
trimmed

1 Tbsp. olive oil

½ tsp. freshly ground black
pepper

1 lemon, juiced & 1 Tbsp. zest
for recipe

Pinch of salt, optional



Directions:

Preheat oven to 400 degrees F.

Pat green beans with paper towels, if needed,

Spread into a large, rimmed baking sheet.

Drizzle with olive oil & sprinkle with pepper.

Coat green beans with the olive oil using gloved hands.

Top with squeezed lemon & zest of lemon.

Roast in the oven until beans are slightly shriveled & slightly browned, 20-25 minutes.

Summer Niçoise Salad

Ingredients:

- 2 large eggs
- 1 (8 oz. pkg.) haricots verts (French green beans)
- 2 Tbsp. olive oil
- 1 (12 oz.) salmon fillet, about 1 inch thick
- ½ tsp. freshly ground black pepper
- 2 Tbsp. white wine vinegar
- 1 Tbsp. chopped fresh flat-leaf parsley
- ¾ tsp. Dijon mustard
- 1 head butter lettuce, torn (about 6 cups)
- ¾ cup chopped English cucumber
- ½ cup fresh corn kernels
- 1 ½ oz. Kalamata or Nicoise olives (about ¼ cup)
- 4 small radishes, cut into ½ inch wedges

Directions:

In a medium saucepan, bring water to a boil & add eggs & cook 6 minutes.

Add green beans; cook for 2 minutes. Drain; plunge into a bowl of ice water.

Let stand for 3 minutes. Peel eggs and cut into quarters.

Heat 1 ½ tsp. oil into a large non-stick skillet over medium-heat. Sprinkle salmon with ¼ tsp. salt (optional) & 1/8 tsp. pepper. Add fish, skin side down to pan cook



7 minutes. Turn & cook for 3 minutes. Remove from pan and break into chunks with a fork.

Summer Salad Niçoise Salad, Cont'd



Vinaigrette: Combine remaining pepper, vinegar, parsley, & mustard in a bowl. Divide lettuce among 4 plates; top evenly with eggs, beans, cucumber, corn, olives, radishes and fish. Drizzled with vinaigrette.

Serves: 4

Kcal: 325, Fat: 22g, Pro: 23 g, CHO: 11 g, Fiber: 3 g, & Sodium: 295 mg