

Sarah's Minty Bean Salad

Serves: 4 to 6

Ingredients:

2 tablespoons extra-virgin olive oil
1 tablespoon white balsamic vinegar
*(may also use cider, white wine or rice vinegars)
1 small clove garlic, minced (about 1 teaspoon)
1 teaspoon granulated sugar
2 teaspoons kosher salt, divided
2 tablespoons fresh mint, finely chopped
2 tablespoons red onion, small diced
¼ cup cherry or grape tomatoes, small diced
½ pound string beans (green, yellow), ends trimmed (if slicing into smaller pieces, do so before blanching)



Directions:

In a medium bowl, add the olive oil, vinegar, garlic, sugar and 1 teaspoon of salt. Whisk until well combined. Add the mint, onion and tomatoes and gently toss with a spoon or spatula to combine. Let the dressing marinate at room temperature as you prepare the beans.

Fill a medium or large pot halfway with water and bring it to a rolling boil. Add the remaining teaspoon of salt and all the beans. Cook until the beans are crisp tender, about 3 to 5 minutes. While the beans are cooking, fill a large bowl with ice and cold water. Test the beans for doneness after 3 minutes by snapping one in half – it should be firm with just a slight give. If it's not, continue cooking the beans and check every 30 seconds until they are ready.

Drain the blanched beans into a colander and immediately dunk them into the ice bath for 30 seconds. This stops the cooking process and keeps the beans bright green. Drain the beans and pat them dry with a paper towel.

Add the beans to the dressing and toss until well combined. Cover and refrigerate for 1 hour before serving so that the flavors can meld together. Serve chilled or at room temperature. The salad may be stored in an airtight container for up to 2 days.

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