

Three-Bean Salad with Heirloom Tomato and Fresh Mint

serves 4

For the beans

- 1 teaspoon sea salt for blanching
- 3/4 lb fresh cranberry beans – shelled
- 1/2 lb green beans – stem ends trimmed only and cut on the diagonal in 1” pieces
- 3/4 lb fresh chickpeas – shelled (fava beans or lima beans are good substitute – see cook’s note)
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon sea salt
- 2 sprigs fresh mint – leaves removed from stems and cut in 1/16” strips (*en chiffonade*)

For the vinaigrette

- 1 tablespoon aged balsamic vinegar
- 3 tablespoons extra virgin olive oil
- 1/8 teaspoon sea salt
- freshly ground black pepper to taste

For the salad

1 lb mixed heirloom tomatoes – Russian, zebra, green, orange, yellow, cherry, grape, husk etc... cut in 1/2” pieces (grape and husk tomatoes are left whole)

baby greens as garnish

Step 1: Fill a large bowl with cold water and several ice cubes.

Step 2: Fill two medium heavy-bottomed saucepan with water and bring to a boil. Add 1/2 teaspoon sea salt to each pot. Blanch the cranberry beans in one pot for 15 minutes until tender. Blanch the green beans in the other pot for 4 minutes until tender. When the green beans are ready, scoop them out with a slotted spoon and transfer to the ice water bath until cooled. Drain on paper towels. Transfer to a bowl and set aside.

Step 3: Using the same water blanch the chickpeas for 5 minutes. Transfer to the ice water bath until cooled and drain on paper towels. When the cranberry beans are done, transfer them to the ice water bath until cooled and drain on paper towels.

Step 4: Place the three beans in a medium bowl. Drizzle with the olive oil. Add the salt and mint. Toss well and let stand at room temperature for 30 minutes.

Step 5: To make the vinaigrette – In a small bowl whisk the balsamic, olive oil, salt and pepper. Set aside.

Step 6: Divide the beans in the center of 4 plates, top with the tomatoes and garnish with a few baby greens. Drizzle with the balsamic vinaigrette, top with freshly ground black pepper and serve immediately.

cook’s note: *If using fava beans or lima beans instead of the fresh chickpeas:*

- *Fava beans – blanch 2 to 3 minutes depending on their size – must be skinned once blanched*
- *Lima beans – blanch 8 to 10 minutes depending on their size*