



Green Bean Salad w/Feta Dressing

Courtesy of Eating Well Test Kitchen

Ingredients

- 1 1/2 pounds mixed green and yellow string beans, trimmed and cut into thirds
- 1/4 cup buttermilk
- 3 tablespoons crumbled feta cheese
- 2 tablespoons mayonnaise
- 2 tablespoons chopped fresh dill or 2 teaspoons dried
- 2 tablespoons chopped fresh parsley
- 1 scallion, cut into thirds
- 2 teaspoons cider vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/3 cup halved and very thinly sliced red onion

Preparation:

1 Place a large bowl of ice water by the stove. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add beans, cover and steam until tender-crisp, 3 to 4 minutes. Transfer the beans to the ice water to cool. Drain and pat dry.

2 Combine buttermilk, feta, mayonnaise, dill, parsley, scallion, vinegar, salt and pepper in a mini food processor. Pulse until almost smooth.

3 Transfer the beans to a large bowl, add onion and the dressing; toss to coat.

Nutrition Per serving: 91 calories; 5g fat, 10 g carbs; 3g protein; 192 mg sodium