

Seven Bean Salad

Courtesy of *Bitememore*



Makes: 8-10 servings

Ingredients

<i>Lemon Dijon Dressing</i>	Seven Bean Salad
6 Tbsp. olive oil	2 c fresh green beans
3 Tbsp. champagne vinegar	1½ c edamame,
1 tsp. Dijon mustard	2 c snow peas
1 small garlic clove, minced	1 cup fresh green peas
1 tsp. mustard seeds	1½ c canned/ rinsed/ drained chickpeas
½ tsp. lemon zest	1 1/2c canned/ rinsed/ drained baby lima beans
½ tsp. kosher salt	1½ c canned/ rinsed /drained white (cannellini) beans
¼ tsp. fresh ground pepper	1 Tbsp. chopped fresh parsley
	2 tsp. fresh thyme
	1 tsp. lemon zest
	¼ tsp. kosher salt

Preparation:

1) For the Lemon Dijon dressing, in a food processor or blender, combine olive oil, champagne vinegar, Dijon mustard, garlic, mustard seeds, lemon zest, salt and pepper. Pulse 2-3 times, until well combines. Set aside.

2) For the salad, bring a medium pot of water to a boil over high heat. Add green beans and edamame. Turn heat to low and cook 1 minute. Add snow peas and fresh green peas and continue cooking 1 minute more. Drain and immediately plunge into a bowl of ice water to stop cooking. Once cold, drain again and dry out completely. Place in a large bowl along with chickpeas, lima beans, white beans, parsley, thyme, lemon zest and salt. Pour dressing over salad, toss well and refrigerate covered until ready to serve.

Nutrition per serving: (using 10servings):
215calories; 10 g fat, 23 g carbs; 9.5g protein;
148mg sodium