



Green Bean Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 1/4 pounds thin green beans, trimmed
- 1 shallot, minced
- 3 tablespoons balsamic vinegar
- 1/4 cup olive oil
- Kosher salt and freshly ground black pepper
- 3 ounces mixed baby greens
- 1 pint cherry tomatoes, sliced in 1/2
- 1/4 cup fresh basil chiffonade
- 1/4 cup shelled, salted and roasted pistachios
- 6 ounces crumbled feta cheese

Instructions

Blanch green beans in a large pot of salted water until bright green and crisp tender, about 2 minutes. Shock beans in a large bowl of ice water. Drain and dry well.

In a small bowl, whisk together the shallot, vinegar, and olive oil. Season the vinaigrette with salt and pepper.

Spread baby greens out onto a large platter, top with the cherry tomatoes, green beans, and basil.

Drizzle vinaigrette over the vegetables and sprinkle with pistachios and crumbled feta.

SERVES 6

Calories: 232

Total Fat: 18 grams

Saturated Fat: 6 grams

Protein: 8 grams

Total carbohydrates: 13 grams

Sugar: 6 grams

Fiber 1.5 grams

Cholesterol: 25 milligrams

Sodium: 457 milligrams