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# French Green Bean Salad with Pears and Parmesan

From a cooking class with Susan V, 2017



## Servings: 6

1. Cook haricots verts (French green beans) in large pot of boiling salted water until crisp-tender, about 6 minutes. Drain, then rinse with cold water. Drain well, and set aside. Can prepare beans ahead and chill in refrigerator if desired.
2. Whisk together walnut oil, vinegar, olive oil, chives, parsley and shallots in large bowl. Add haricots verts, basil, pears and walnuts; toss gently. Season with salt and pepper. Top with Parmesan, and serve.

- 1 1/2 pounds haricots verts (French green beans) or other slender green beans, trimmed
- 3 tablespoons sherry vinegar
- 5 tablespoons walnut oil (can substitute vegetable oil)
- 2 tablespoons olive oil
- 3 tablespoons fresh chives, chopped
- 3 tablespoons fresh parsley, chopped
- 3 tablespoons shallots, minced
- 3 tablespoons fresh basil, chopped
- 2 small pears, firm but ripe pears, such as Bosc, peeled, cored and julienned (cut into matchstick-size strips)
- 1/2 cup walnuts, toasted and chopped
- 1/2 cup Parmigiano-Reggiano cheese, shaved with vegetable peeler (1 to 1 1/2)

*Per Serving (excluding unknown items): 273 Calories; 22g Fat (68.3% calories from fat); 5g Protein; 18g Carbohydrate; 5g Dietary Fiber; trace Cholesterol; 9mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 4 Fat; 0 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**