

French Green Bean Salad with Pears & Parmesan

From an ancient Bon Appetit article, date unknown
Internet Address:



1 1/2 pounds haricot verts (young green beans) trimmed

DRESSING:

5 tablespoons walnut oil
3 tablespoons sherry vinegar
2 tablespoons olive oil
3 tablespoons chives, chopped
3 tablespoons parsley, chopped
1 pinch sugar
3 tablespoons shallots, minced
1/2 cup basil, or mint, minced

ADDITIONS:

1 whole pear, peeled, cored, cut in matchstick strips
1/2 cup walnuts, chopped
1 1/2 ounces Parmesan cheese, grated
Salt and pepper to taste

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 5

Everything can be made ahead, but don't combine the beans and dressing until just before serving. Cut pear just moments before tossing into the salad OR drop the pear into Sprite, which will keep the pear from turning brown.

1. Bring a large pot of water to a boil. Add a pinch of salt to the water, then add haricot verts. Simmer for about 3-4 minutes, tasting often, until the beans are JUST tender and no longer or they'll be mushy.
2. Drain and pour the beans into a bowl of ice and water. Swirl the beans briefly then drain for 20-30 minutes in a colander.
3. Dressing: In a bowl combine the walnut oil, sherry vinegar, olive oil, chives, parsley, basil (or mint) and sugar. Whisk lightly to combine.
4. Toss green beans with the dressing, along with half of the walnuts, pears and Parmesan. Taste for seasoning. Pour out onto a serving plate (white looks best) and sprinkle remaining nuts and cheese on top.

Per Serving (excluding unknown items): 365 Calories; 29g Fat (67.4% calories from fat); 10g Protein; 22g Carbohydrate; 9g Dietary Fiber; 7mg Cholesterol; 170mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 2 Vegetable; 1/2 Fruit; 5 Fat; 0 Other Carbohydrates.