

Green Bean Salad with Vinaigrette

Food Network - Jamie Deen



Servings: 5

1. Boil a large pot of water with a generous amount of salt added. Add the green beans and cook until tender crisp, 1 to 4 minutes. Drain and remove to a bowl of ice water. Or rinse well under cold tap water.
2. Allow to rest for about 10 minutes, pat dry and place the beans in a large bowl.
3. In small jar combine red wine vinegar and oil, then add garlic. Shake. Set aside.
3. Pour the dressing over the green beans and toss well. Sprinkle with the toasted almonds. Add the goat or feta cheese, tomatoes and red onions. Garnish with slivered fresh basil.

salt

- 1 pound green beans, use slender ones, if available, ends trimmed
- 1 cup goat cheese, crumbled, or feta
- 1 cup cherry tomatoes, sliced in half
- 2 tablespoons red onion, minced
- 1/2 cup slivered almonds, toasted
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh basil
- 1 large clove garlic, minced
- Freshly ground black pepper

Per Serving (excluding unknown items): 344 Calories; 28g Fat (71.4% calories from fat); 15g Protein; 11g Carbohydrate; 4g Dietary Fiber; 37mg Cholesterol; 205mg Sodium; 5g Total Sugars; trace Vitamin D; 211mg Calcium; 2mg Iron; 431mg Potassium; 275mg Phosphorus. Exchanges: 1 Grain(Starch).

Carolyn T's Blog: tastingspoons.com