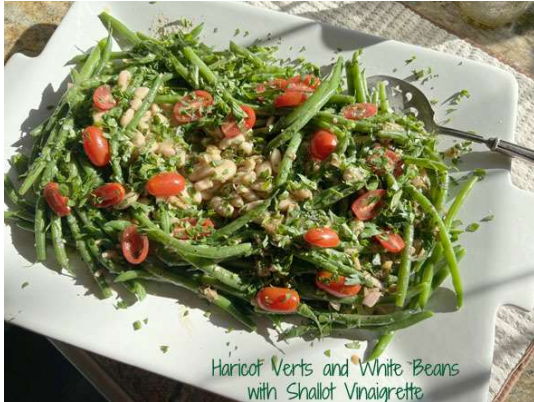


# Haricot Verts and Cannellini Beans with Shallot Vinaigrette

Food & Wine magazine

Adapted from David Tanis, Oct 2018



30 ounces canned cannellini beans, drained and rinsed

2 pounds haricots verts, trimmed

#### DRESSING:

2 large shallots, minced

2 garlic cloves, minced

1/4 teaspoon onion powder

1/4 teaspoon powdered bay leaf

1 teaspoon dried thyme, crushed in your palms

1 tablespoon Dijon mustard

2 tablespoons sherry vinegar

2 tablespoons red wine vinegar

Kosher salt

1/2 cup extra-virgin olive oil

Freshly ground pepper

1/2 cup cherry tomatoes, halved, for garnish

1/4 cup chopped parsley, for garnish

*Per Serving (excluding unknown items): 143*

*Calories; 9g Fat (58.6% calories from fat); 4g*

*Protein; 11g Carbohydrate; 3g Dietary Fiber;*

*0mg Cholesterol; 211mg Sodium; 2g Total*

*Sugars; 0mcg Vitamin D; 30mg Calcium;*

*1mg Iron; 198mg Potassium; 68mg*

*Phosphorus. Exchanges: .*

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

#### Servings: 12

1. In a large pot of salted boiling water, cook the haricots verts until crisp-tender, about 3 minutes. Drain the beans and spread them on a towel-lined, large rimmed baking sheet to cool.

2. In a lidded jar, combine the shallots, garlic, onion powder, powdered bay leaf, dried thyme, mustard and both vinegars. Add a pinch of salt and let the vinaigrette stand for 10 minutes. Whisk in the olive oil and season with salt and pepper. Allow dressing to rest at room temperature for 2-3 hours or overnight to meld flavors. If time allows, combine the drained and canned beans with about 3 tablespoons of dressing and refrigerate until time to serve.

3. Arrange cannellini beans on a large platter and drizzle about 2 tablespoons dressing over them. Decoratively arrange the green beans around the platter and drizzle the remaining dressing on them. Season with salt and pepper, then sprinkle top with parsley and cherry tomatoes.