

Haricot Verts with Balsamic Vinaigrette

Adapted from *The Essential New York Times Cookbook* by Amanda Hesser



Servings: 4

I added the red bell pepper just because I thought the beans needed a bit of color, but they're not necessary to the dish. I used less green onions than called for, also. Be sure to not over-dress the beans - use just enough dressing to cover them.

BALSAMIC VINAIGRETTE:

- 3/4 teaspoon salt
- 1 tablespoon balsamic vinegar
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 3/8 cup extra virgin olive oil
- about 15 grinds of freshly ground black pepper

HARICOT VERTS:

- 1/2 pound haricot verts, or regular sized green beans
- 1/4 cup green onions, minced
- 2 tablespoons red bell pepper, finely minced
- 1 tablespoon fresh dill, minced
- lettuce greens of your choice to serve under the beans, if desired

1. VINAIGRETTE: In a glass jar dissolve the salt in the two vinegars. Add mustard, pepper and olive oil. With lid on, shake vigorously until the mixture is thick and smooth. Yield: about 1/2 cup. This will keep for several days in the refrigerator. You need about 3 T. for the above salad.
2. BEANS: Steam the beans for 3-4 minutes (don't over cook them) until they are just barely tender. Drain and pour beans into a large bowl of cold iced water. Stir until beans are cold, then drain and set aside in a colander until most of the liquid has evaporated. Remove the stem ends only of the beans.
3. In a bowl place the beans and add the vinaigrette, then toss. Taste for seasoning.
4. Place beans onto a serving platter and sprinkle the top with the red bell pepper, green onions and fresh dill. Serve, or cover and keep at room temp for an hour or two at the most.

Per Serving (excluding unknown items): 184 Calories; 20g Fat (96.8% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 417mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

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