

Garden Three-Bean Salad with Fresh French Dressing

From *Better Homes and Gardens June 2011*- slight optional adaptations from Lisa
40 minutes- start to finish

2 cups green beans, trimmed if desired
8 cups mixed greens
2 cups frozen shelled edamame (soybeans) thawed
1 cup canned white beans such as cannellini, rinsed and drained
1 cup radishes, quartered or sliced
Freshly ground black pepper to taste

1 recipe Fresh French Dressing (below) (or buy bottled...sugar free for OAHOW)

In microwave-safe bowl combine green beans with $\frac{1}{4}$ cup water and 1 tsp salt (optional). Toss to distribute salt among beans. Microwave, uncovered on high power for 3-5 minutes until just tender. Set aside to cool.

Place salad greens in a large salad bowl: add green beans, edamame, white beans and radishes. Sprinkle with pepper and toss gently. Pass remaining dressing.

NUTRITIONAL ANALYSIS: (for ~2 cups bean salad + 1 TBSP dressing)

Cals 175

Protein 8 grams

Carb 18 grams

Fiber 7 grams

Fat 9 grams (from the olive oil and edamame so it's healthy fats)

EXCHANGE SYSTEM (OA/OAHOW) count as: 1 protein, 1 starch, 1 veggie, 1 fat

Note from BHG- if greens are a bit wilted, soak in a bowl of cool water for 20-30 minutes, then drain and thoroughly dry before using.

FRESH FRENCH DRESSING (you won't be using all of it in this recipe)

In a blender combine:

2 medium tomatoes, halved and seeded

¼ cup olive oil

2-3 Tbsp red wine vinegar

2 Tbsp tomato paste

1 Tbsp fresh snipped tarragon (or 1 tsp dried)

2 tsp Dijon mustard

Cover and process until thoroughly blended. Season to taste with salt and pepper. Tomatoes vary in juiciness: if dressing is too thin blend in an additional Tbsp tomato paste 1 tsp at a time.

Makes 13 servings, 2 Tbsp each

Nutrition analysis: for one serving of dressing

Cals 80

Carbs 1 gram

Protein <1 gram

Fats 8 grams

Fiber <1 gram