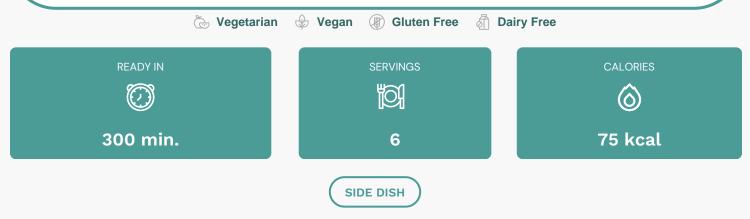


Cargamanto and Green-Bean Salad with Chimichurri Dressing



Ingredients

5 Celery Stalks sliced
O.3 cup flat parsley coarsely chopped
4 garlic clove
O.8 pound green beans cut into 2-inch pieces
0.3 cup juice of lemon fresh
1.3 cups turtle beans dried white red picked over rinsed
0.5 cup olive oil extra virgin, extra-virgin

Equipment		
	bowl	
	whisk	
	pot	
Di	rections	
	Cover cargamanto beans with water by 2 inches in a medium pot. Bring to a boil, then boil 1 minute.	
	Remove from heat and cover, then soak 1 hour.	
	Drain, discarding water.	
	Return drained cargamanto beans to pot and add 8 cups water and 1/2 teaspoon salt. Bring to a boil, then simmer beans, partially covered, until tender, 1 1/4 to 1 1/2 hours.	
	Mince and mash garlic to a paste with 1/2 teaspoon salt, then whisk together with lemon juice and oil in a large bowl.	
	Drain cargamanto beans well and add to dressing while still hot, tossing to coat. Cool to room temperature, stirring occasionally, about 20 minutes.	
	Cook green beans in a large pot of boiling salted water (2 tablespoons salt for 6 quarts water) until just tender, 4 to 6 minutes.	
	Drain, then plunge into an ice bath to stop cooking.	
	Drain beans and pat dry, then stir into cargamanto beans with celery and parsley. Season with salt and pepper and serve at room temperature.	
	· Dried cargamanto beans are available at Latino markets and some supermarkets. Instead of using the quick-soak method, you can soak dried beans (without heating) overnight. · Bean salad is best eaten the day it is made.	
	Nutrition Facts	
	PROTEIN 11.54% FAT 42.87% CARBS 45.59%	

Properties

Flavonoids

Eriodictyol: O.66mg, Eriodictyol: O.66mg, Eriodictyol: O.66mg, Eriodictyol: O.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Naringenin: O.19mg, Nar

Nutrients (% of daily need)

Calories: 74.59kcal (3.73%), Fat: 3.9g (5.99%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 6.82g (2.48%), Sugar: 2.27g (2.52%), Cholesterol: Omg (0%), Sodium: 10.37mg (0.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin K: 81.83µg (77.94%), Vitamin C: 27.63mg (33.49%), Folate: 76.56µg (19.14%), Vitamin A: 682IU (13.64%), Fiber: 2.49g (9.98%), Manganese: 0.16mg (8.25%), Iron: 1.4mg (7.79%), Magnesium: 30.68mg (7.67%), Potassium: 268.33mg (7.67%), Vitamin B6: 0.12mg (5.77%), Vitamin E: 0.8mg (5.35%), Calcium: 53.03mg (5.3%), Phosphorus: 46.83mg (4.68%), Copper: 0.09mg (4.37%), Vitamin B2: 0.07mg (3.98%), Vitamin B1: 0.06mg (3.8%), Zinc: 0.4mg (2.68%), Vitamin B3: 0.49mg (2.46%), Vitamin B5: 0.18mg (1.76%)