



Summer Bean Salad with Toasted Walnuts and Pecorino Fresco



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 8 cups torn frisée leaves packed ()
- ☐ 8 ounces green beans trimmed
- ☐ 8 ounces haricots verts trimmed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon shallots minced

- ☐ 2 ounces semi-firm sheep's-milk cheese shaved with vegetable peeler (such as pecorino fresco)
- ☐ 4.5 teaspoons sherry wine vinegar
- ☐ 1 tablespoon walnut oil
- ☐ 0.3 cup walnuts toasted chopped
- ☐ 8 ounces turtle beans yellow trimmed

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Whisk shallot, vinegar, and mustard in small bowl. Gradually whisk in both oils. Season dressing with salt and pepper. DO AHEAD:Can be made 1 day ahead. Cover; chill. Bring to room temperature and rewhisk before using salad.
- ☐ Cook green beans in large pot of boiling salted water just until crisp-tender, 3 to 4 minutes. Using slotted spoon, transfer beans to colander; rinse with cold water. Cook wax beans and haricots verts separately in same pot of boiling salted water, 3 to 4 minutes for wax beans and 2 to 3 minutes for haricots verts.
- ☐ Transfer to colander; rinse with cold water. DO AHEAD:Can be made 1 day ahead. Wrap green beans, wax beans, and haricots verts separately in paper towels. Enclose in resealable plastic bag and chill.
- ☐ Combine all beans and frisée in large bowl. Toss with dressing.
- ☐ Transfer salad to serving platter; sprinkle with walnuts, herbs, and pepper. Top with cheese.

Nutrition Facts



 **PROTEIN 9.76%**  **FAT 67.88%**  **CARBS 22.36%**

Properties

Glycemic Index:45, Glycemic Load:2.26, Inflammation Score:-10, Nutrition Score:21.671304485072%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 212.58kcal (10.63%), Fat: 17.03g (26.19%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 6.83g (2.49%), Sugar: 3.2g (3.56%), Cholesterol: 8.41mg (2.8%), Sodium: 154.54mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Vitamin K: 237µg (225.72%), Vitamin A: 4406.15IU (88.12%), Vitamin C: 34.45mg (41.75%), Folate: 144.81µg (36.2%), Manganese: 0.64mg (31.99%), Fiber: 5.78g (23.14%), Vitamin E: 3.18mg (21.18%), Copper: 0.36mg (18.1%), Calcium: 167.17mg (16.72%), Potassium: 558.3mg (15.95%), Magnesium: 60.57mg (15.14%), Vitamin B2: 0.24mg (13.9%), Phosphorus: 126.04mg (12.6%), Vitamin B6: 0.25mg (12.57%), Iron: 2.21mg (12.3%), Vitamin B5: 1.07mg (10.72%), Vitamin B1: 0.14mg (9.07%), Zinc: 1.06mg (7.07%), Vitamin B3: 1.06mg (5.28%), Selenium: 2.61µg (3.73%), Vitamin B12: 0.16µg (2.66%)