

## Summer Peas and Beans Salad

*Recipe by Chef Lisa Rochon*

*Serves 4 - 6 people*


- 1/4 lb green beans
- 1/4 lb sugar snap peas
- 8 oz fresh or frozen green peas
- 1/4 lb snow peas
- 1 med red onion, halved and thinly sliced
- 1/2 c shaved parmesan cheese (optional)
- pesto dressing

### *Method:*

1. Snip the end and string sugar snap peas and snow peas, rinse and set aside.
2. Snip of end of green beans, rinse and set aside.
3. Rinse fresh green peas and set aside. If using frozen green peas place in strainer and let thaw and drain.
4. Bring a quart stock pot of water to a rapid boil. Prepare a medium bowl of ice water, set aside.
5. Blanch each group of peas and beans separately for about 1 - 1 1/2 minutes, with the exception of the frozen peas. Remove from boiling water and place in ice water bath for 2 - 3 minutes. Remove from ice water and let drain on paper towels to dry. Repeat process for each vegetable.
6. Combine all peas and beans in bowl with sliced red onions and pesto dressing, toss gently. Season with salt and pepper to taste.
7. Top with shaved parmesan if desired.

### **Pesto Dressing**

- 4 tbs basil pesto
- 2 tbs white balsamic vinegar
- 3 tbs extra virgin olive oil
- 1/4 tsp ground pepper
- pinch of salt



**April 10, 2010 – December 18, 2010**  
 Saturdays, 8:30 am to 12:30 pm

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*Method:*

1. Combine all ingredients in bowl and whisk thoroughly.
2. Dress salad and toss gently. Store any extra dressing in glass jar.

*Note:* Dressing works best if left to marinate on peas and beans for at least one hour before serving.

**Arugula and Fennel Salad w/Fig Preserve Vinaigrette**

2 small bunches or 8 oz Arugula

1 medium sized Fennel Bulb, bulb separated from stems and leaves

6 oz Goat Cheese

6 oz Walnuts, toasted

Fig Preserve Vinaigrette

1. Cut Fennel bulb in half, core, slice thinly, rinse, dry and set aside.
2. Reserve about 1/2 cup of Fennel leaves for salad. Wash, dry and set aside.
3. Wash Arugula, dry and set aside.
4. Chop Walnuts coarsely, place on parchment lined baking pan and toast for 3 - 5 minutes in 30 degree oven. Set aside to cool.
5. Cut Goat Cheese into bit size pieces. Lightly roll in Walnuts. Set aside.
6. Combine Fennel, Fennel leaves and Arugula in bowl, transfer to serving platter or plates. Garnish with Goat Cheese bites.
7. Dress salads with Vinaigrette.

**Fig Preserve Vinaigrette**

6 Tablespoons Fig Preserves

2 Tablespoon Red Wine Vinegar

3 Tablespoon White Balsamic Vinegar


8 Tablespoons Extra Virgin Olive Oil

Pinch of Salt

Pepper to Taste

1. Combine all ingredients in bowl and whisk thoroughly.
2. Dress salad. Store any extra vinaigrette in glass jar.

*Note:* Dressing can be made in advance and stored in refrigerator for up to a week.



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