



# Yellow Bean Salad



Featured Greenhouse Ingredients:  
Yellow Beans, Fresh Basil and Cherry Tomatoes



The contrast of crisp beans and creamy avocado, combined with the freshness of cherry tomatoes and the richness of mozzarella, creates a symphony of tastes in every bite. The addition of thinly sliced onion adds a subtle bite, while toasted almonds bring a satisfying crunch and a hint of nutty warmth. Drizzled with a light vinaigrette, this salad is a refreshing and hearty addition to any meal or a stand-alone dish that is satisfying on its own. Perfect a sophisticated side at dinner, this Yellow Bean Salad is a true crowd-pleaser!

## SALAD INGREDIENTS

- 1 lb. fresh yellow beans, trimmed and cut in 1 ½ or 2 inch pieces
- ½ cup red onion, thinly sliced or sweet yellow onion for a more mild flavor
- 1 avocado, diced
- 8 oz. cherry tomatoes, halved
- 8 oz. mozzarella pearls
- Fresh basil, for garnish (optional)
- Sliced and toasted almonds

## DRESSING INGREDIENTS

- 1 ½ tablespoon apple cider vinegar
- ¼ - ½ tsp fine sea salt, or to taste
- ¾ tsp dried oregano
- ¾ tsp dried parsley
- 1 garlic clove, minced
- 1 ½ tsp dijon mustard
- Freshly ground black pepper, to taste
- 3 tablespoon extra virgin olive oil

## NOTES

All of our recipes are sugar-free and gluten free!

\*sourced from the Greenhouse Garden



## DIRECTIONS



1. To make yellow beans al dente, follow these simple steps:

- Wash and trim the yellow beans (also known as wax beans) by cutting off the ends.
- Boil Water: Bring a large pot of water to a rolling boil. Add a pinch of salt to the water.
- Cook the Beans: Add the yellow beans to the boiling water. Cook them for about 3-4 minutes, or until they are tender but still have a slight crunch.
- Check for Doneness: Test a bean by biting into it. It should be tender but still firm and not mushy.
- Ice Bath: Immediately transfer the beans to a bowl of ice water to stop the cooking process and preserve their vibrant color.
- Drain: After a few minutes, drain the beans from the ice water and pat them dry.

2. Thoroughly whisk together all the dressing ingredients except for the olive oil. Set aside.

3. In a large bowl, add the blanched yellow beans, onion slices, tomatoes, avocado, and mozzarella. Toss with the desired amount of dressing and garnish with fresh basil and toasted almonds as desired. Serve.