



Green Bean and Cherry Tomato Salad

Adapted from Francine Maroukian

Difficulty: Easy | Total Time: 40 minutes | Makes: 6 to 8 servings



Two summer veggies combine for a light, healthy summer salad. Mix up simple vinaigrette made with fresh lemon juice, olive oil, and shallots. Pour it over crisp blanched green beans and sweet halved cherry tomatoes, stir in some parsley, and serve. This salad can be made up to 2 hours ahead, covered, and refrigerated. Toss briefly to recombine the flavors just prior to serving.

Ingredients:

- 2 tablespoons finely chopped shallot (from about 1 medium shallot)
- 2 teaspoons finely grated lemon zest (from about 2 medium lemons)
- 2 teaspoons kosher salt, plus more as needed
- 1 teaspoon freshly ground black pepper, plus more as needed
- 6 tablespoons freshly squeezed lemon juice (from about 3 medium lemons)
- 1/2 cup extra-virgin olive oil
- 2 pounds green beans, ends trimmed
- 2 pints (1 pound) cherry tomatoes, halved
- 1/2 cup finely chopped fresh Italian parsley leaves and stems

Instructions:

1. Bring a large pot of heavily salted water to a boil and prepare an ice water bath by filling a bowl halfway with ice and water; set aside. Meanwhile, make the dressing.
2. Place the shallot, lemon zest, and measured salt and pepper in a medium, nonreactive bowl and add the lemon juice. While whisking constantly, slowly drizzle in the oil and whisk until evenly combined. Set the dressing aside.
3. Add the green beans to the boiling water and cook until crisp-tender, about 3 to 4 minutes. Drain and transfer to the prepared ice water bath. When the beans are chilled, drain again and thoroughly pat dry with paper towels.
4. Place the beans, tomatoes, and parsley in a large bowl, pour in the dressing, and toss to coat thoroughly. Taste and add more salt and pepper as needed.



According to the [USDA National Nutrient Database](#), one cup of fresh green beans (about 100 grams) contains 31 calories, 0 grams of fat, 7 grams of carbohydrate, 3 grams of fiber, 3 grams of sugar and 2 grams of protein. Green beans are a rich source of **vitamins A, C and K** and also contain **folate, thiamin, riboflavin, iron, magnesium and potassium**. In addition, they are a food source of several **carotenoids**, which is a form of Vitamin A found in fruits and vegetables that act as antioxidants. According to the National Cancer Institute, populations that consume diets rich in fruits and vegetables have a lower cancer risk, in part, due to their high carotenoid, vitamin A and C content. Green beans are available fresh, frozen or canned. Make sure to rinse and drain canned beans to reduce the sodium content up to 41%. When buying fresh, choose beans that are crisp and bright green in color. Refrigerate in a bag to maintain freshness. **Here are more ways to incorporate green beans into your diet:**

- 1.) Add green beans to rice, vegetables, mini corn and peppers for a delicious stir-fry.
- 2.) Green beans can be eaten fresh. Just snap or cut off each end and add to a salad or dip in your favorite hummus.
- 3.) Drizzle fresh green beans with olive oil, garlic and fresh cracked pepper and roast for 25 minutes, turning halfway through.
- 4.) Top fresh green beans with your favorite marinara sauce and sprinkle with fresh Parmesan or Romano cheese.

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