

BLANCHED GREEN BEAN AND PEAR SALAD W MAPLE MUSTARD DRESSING

By Camine Pappas/Nov 2013

INGREDIENTS:

4 to 5 cups green beans (fresh)
3 celery stalks cut angled
1 large red thai chili, chopped (seeds optional)
1 pear chopped into large diced pieces
1/2 C parsley chopped

DRESSING:

1 part sunflower oil to 1 part rice wine vinegar (about 1/4 C to 1/4 C)
1 T yellow mustard
1 T sugar
salt and pepper
2 t maple syrup (the cheap kind!)

Blanche beans, shock in cold water. Dry and set aside. Chop celery, chili, pear, parsley and add together. When ready to serve, make dressing and whisk all together to incorporate. Add to salad, toss. Let sit for an hour. Top with hazelnuts. Serve at room temperature.

