



Warm Roasted Veggie Salad with Blanched Beans With a Mustard Vinaigrette

Camine Pappas / May 2019

INGREDIENTS:

3 C green beans, trimmed and blanched
1 large sweet potato, peeled and cut into small chunks
2 beets, washed and cut into small chunks
1/3 C sweet onion cut into thick slices
4 T olive oil
1 t kosher salt
½ t black pepper
2 sprigs of fresh rosemary, one to chop, one to lay on veggies while roasting
1/8 C chopped pecans
Generous handful of fresh chopped flat leaf parsley

Dressing: 3 T light oil, 5 T rice wine vinegar, 2 squirts of yellow mustard, 1 t of chopped rosemary, 1 T white sugar, 1 t kosher salt, ¼ t black pepper. Blend very well. Set aside



METHOD:

To blanch beans add them to a sauce pan and cover with cool water. Put burner on high and when boiling, let cook for about 3-5 minutes. When just barely tender remove and shock in ice water. Drain and pat dry.

Mix the beets, sweet potatoes, and onion on a large bowl with the 4 T oil, salt, and pepper. Roast in a 375 degree oven for about 25 minutes, or until barely tender. Remove the rosemary sprig and empty the vegetables into a bowl. Add the cooled, blanched green beans. Stir. Let come to room temperature. Stir in the parsley. Then ladle just a couple of large spoonfuls of the vinaigrette over the salad, top with the pecans, and serve.

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