

Green Bean Salad with Peas and Swiss Chard

For non-vegetarians, crumbled bacon is a great addition to this salad!

For the Salad:

- 1 cup Peas, fresh or frozen (shelled if fresh)
- 1 lb Green Beans, trimmed
- 3 cups Rainbow Swiss Chard leaves rolled up and cut into long, fine ribbons (discard or save stems for other use)
- 1/4 cup Purple Onion, finely diced

For the Dressing:

- 3 Tbs Extra Virgin Olive Oil
- 1/2 tsp Dijon Mustard
- 1 Lemon, zested
- 2 tsp Lemon Juice
- 2 1/2 tsp Fresh Tarragon, finely chopped
- Pinch of Red Pepper Flakes
- 1/8 tsp Sea Salt
- Black Pepper to Taste
- 1 Clove of Garlic, grated on a microplane, about 1 tsp

For the Salad:

Place a large pot on the stove and fill it 2/3 full of water. Bring the water to a boil. While the water is coming to a boil prepare an ice bath with a strainer that fits inside the bath. When the water is boiling, add the peas. Blanch for 45 seconds. Using a large slotted spoon or strainer, scoop out the peas and place them in the ice bath strainer. Strain the peas and place them in a large mixing bowl.

Use the same water to blanch the green beans, making sure the water is boiling. Blanch the green beans for 4 minutes. If needed, add more ice to the ice bath. Drain the green beans and place them in the strainer in the ice bath. Allow the beans to rest in the ice bath until cool. At this point, you can cut the green beans into smaller, bite size pieces – cutting them on the bias is a nice touch. Place the

green beans in the same large mixing bowl with the peas. Add the chard and purple onion to the large mixing bowl.

For the Dressing:

To a small mixing bowl add the oil, mustard, lemon zest, lemon juice, tarragon, red pepper, salt, a few grinds of black pepper and the garlic. Use a whisk to whisk all the ingredients together. This dressing may not fully form an emulsion. Simply whisk together until ingredients are well combined.

To Assemble:

Dress the salad with all the dressing and toss with hands. Finish it with fresh ground pepper to taste. This salad holds well overnight in the fridge already dressed. If packing it for a picnic, lunch, or dinner party, go ahead and dress it in advance.