

Fresh Bean Salad

Serves 10

Ingredients:

3 Pounds fresh green beans

¼ cup chopped fresh dill (or 1 teaspoon dried)

1 large clove garlic (minced)

1 ½ teaspoon salt

½ teaspoon ground black pepper

¼ cup olive oil

3 large tomatoes (peeled, cored, seeded and chopped)

½ small red onion (thinly sliced)

3 tablespoons lemon juice

Preparations

-Remove ends from beans and snap into desired lengths. Add to boiling water and cook just until crisp-tender. Drain well.

-In large heat proof bowl combine dill, garlic, salt, pepper, olive oil, tomatoes and onion and mix gently.

-Add cooked, drained beans. Cover and refrigerate overnight or 24 hours.

-Remove from refrigerator, add lemon juice and allow to sit at room temperature for one hour before serving. Adjust seasoning to taste.

Note: This is a good recipe to use the red and green long beans in. Watch cooking time because they cook faster than regular green beans! Sweet red pepper could be substituted for the tomato if desired.