

Recipe from FormerChef.com

Fresh Three Bean Salad Recipe

10 oz fresh green beans
2 ears fresh corn
1 can garbanzo beans
1 can kidney beans
2 green onions, sliced
2 stalks celery, small diced
1 yellow or red bell pepper, small diced
1 shallot, minced
2 cloves garlic, minced

5 oz extra virgin olive oil
2 oz red wine vinegar
3 Tbsp fresh herbs, chopped (parsley, thyme, basil, oregano, tarragon)*
salt and pepper to taste

Yields 10 cups

Bring a large pot of water to a boil.

Cook the corn in the water for 5 minutes and then shock in an ice bath to stop the cooking. Cut the kernels off the ears and set aside.

Trim the stem ends off the green beans. Blanch the green beans in the same pot of boiling water for no more than 3 minutes. Drop them in a bowl of ice water to shock them, set the color, and keep them from over cooking. They should be tender-crisp. Cut them into 2" pieces.

Drain the cans of beans and rinse well. In a large bowl combine the green beans, corn, garbanzo and kidney beans. Add in the diced green onions, celery and bell peppers. Add the shallot and garlic and combine.

In a small bowl, whisk together the olive oil, vinegar and herbs and pour over the salad. Combine gently with a spoon, season with salt and pepper to taste. This can be made a day in advance and holds well in the refrigerator. Remove from the refrigerator about 1/2 an hour before serving.

*These are the herbs in my garden. Use what you have and what you like.