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Green Bean and Walnut Salad

The first, much anticipated green beans from our garden are so tender. I like using the green beans in a variety of salads and have found that they pair well with walnuts and a champagne vinegar and walnut oil dressing.

1 pound of thin green beans*, rinsed, ends removed
2 tablespoons walnut oil
1 tablespoon champagne vinegar
1 tablespoon honey
Kosher salt
Freshly ground pepper
½ cup walnut pieces, toasted and coarsely chopped

Bring a large saucepan of water to a boil and add the beans.

Cook the beans for 2-3 minutes.

Remove the beans from the water using a slotted spoon and shock them in an ice water bath for 5 minutes.

Drain the beans, pat them dry and place them in a shallow serving bowl.

In a small bowl, whisk the oil, vinegar and honey.

Add salt and pepper to taste.

Pour the dressing over the beans and sprinkle with the walnuts.

Serves 4.

*This is especially nice when made with haricots verts, but regular green beans work just as well.

Victoria Wesseler