



Green Bean, Cranberry and Sunflower Seed Salad

Ingredients

- 1 lb. Green beans

- 1/2 clove of Garlic
- 3 T. Extra Virgin Olive Oil
- 2 T Balsamic Vinegar
- 1 tsp. Dijon Mustard
- ½ tsp. Sea Salt + 1 tsp Sea Salt
- ⅛ tsp. Pepper, black, ground

- 6 oz. Dried Cranberries
- 3 oz. Sunflower seeds, toasted

Instructions

1. Trim green beans and cut them into 1-inch pieces.
2. Peel garlic.
3. Mix the garlic, oil, vinegar, mustard, salt and pepper in a food processor or with an immersion blender until smooth and creamy. Set aside.
4. Place a bowl of ice water and strainer next to the stove.
5. Bring water and 1 tsp. salt to a boil in a large pot. Cook the green beans until crisp-tender, 2 to 3 minutes. Remove with the strainer and plunge into the ice water. Let sit for 5 minutes, then drain and transfer to a large bowl.
6. Add cranberries, sunflower seeds and the dressing to the green beans.
7. Mix and serve at room temperature.

Recipe Notes

Serving size: 1/2 cup

½ cup provides: ¼ cup other vegetable, 1/8 cup fruit, and .25 oz equivalent meat/meat alternate.

*Use another type of vinegar if you wish.

* Trimming green beans can take some time so enlist helpers and make it a teachable farm to school moment.

*Use kitchen shears to trim the stem ends of the green beans.

Nutrition Facts per Serving (0.5cup) Calories: 180 kcal | Fat: 13.1 g | Saturated fat: 1.8 g | Sodium: 447.6 mg | Carbohydrates: 14.7 g | Fiber: 2.7 g | Protein: 2.4 g

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