

## Herby Green Bean Salad

### Ingredients:

Kosher salt and freshly ground black pepper  
1 1/2 pounds fresh green beans, trimmed  
One 6-ounce bag sugar snap peas  
1 heaping tablespoon stone-ground mustard  
1 teaspoon low-sodium soy sauce  
2 cloves garlic, grated or pressed  
1/4 cup extra-virgin olive oil  
1/2 cup dried cranberries  
1/2 cup slivered almonds, toasted (see Cook's Note)  
1/4 cup chopped fresh flat-leaf parsley  
3 tablespoons chopped fresh dill  
1/2 small head fennel, thinly sliced

### Directions:

Bring a large pot of salted water to boil over high heat. Add the green beans and cook, 3 minutes, then add the sugar snap peas and cook for 1 minute more. Drain the vegetables and run under cold water until cool, then pat dry and set aside. Combine the mustard, soy sauce and garlic in a large mixing bowl for the base of the dressing. Slowly pour the olive oil into the bowl, whisking constantly, to emulsify into a thick dressing. Season with salt and pepper. Add the blanched vegetables to the bowl with the vinaigrette. Add the cranberries, almonds, parsley, dill and fennel. Toss gently to combine and ensure the ingredients are evenly coated in the dressing. Serve chilled or at room temperature.

*Cook's Note: The almonds can be toasted on a baking sheet at 375 degrees F until lightly golden brown, about 10 minutes.*

Makes 8 servings.

### Nutrition Info: (for one serving)

Calories:

Fat:

Saturated Fat:

Carbohydrate:

Fiber:

Protein

Sodium:

Exchanges: