

Seasonal Bean Salad with Pulled Chicken
(serves 4)

1C haricot vert (or green beans)
1C wax beans (or yellow beans)
1C edamame or a fresh pea variety
1C green beans
2 skinless, boneless chicken breasts
1 tsp. olive oil
1 lemon zested
2T Dijon mustard
2T Guldens spicy mustard
2T grain mustard
1T chopped shallot
1T chopped tarragon
2T white wine vinegar
2T olive oil
S and P to taste

1. Rub olive oil and zest on chicken. Season with salt and pepper and bake for 20 minutes at 350 degrees.
2. Bring a large pot of salted water to a boil and add beans. Cook until tender (approximately 5 minutes). Strain through a collander and place in bowl.
3. Shred chicken into small pieces and combine with beans.
4. In a small bowl, whisk three mustards together with shallot and tarragon, drizzle in vinegar and then oil while whisking. TASTE.
5. Toss chicken and beans with mustard mixture and serve.