

Seasonal Bean Salad with Pulled Chicken
(serves 4)

1C green beans
1C wax beans or yellow beans
1C soy beans or fresh snow peas
leftover chicken from night before shredded
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. 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.
2. Combine chicken (shredded) with beans and add lemon zest. TASTE.
3. In a small bowl, whisk three mustards together with shallot and tarragon, drizzle in vinegar and then oil while whisking. TASTE.
4. Toss chicken and beans with mustard mixture and serve.