

Seasonal Bean Salad with Wild Rice
(serves 4)

2C wax beans (or yellow beans)
2C edamame or a fresh pea variety
2C green beans
2 C wild rice blend
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

(note: extra beans will be used for dinner)

1. Cook wild rice according to directed ratio with water.
2. Bring a large pot of salted water to a boil and add beans and/or peas. Cook until tender (approximately 5 minutes). Strain through a collander and place in bowl.
3. In a small bowl, whisk three mustards together with shallot and tarragon, drizzle in vinegar and then oil while whisking. TASTE.
4. Toss brown rice and beans with mustard mixture and serve.