

Green Salad with Mustard Tarragon Vinaigrette  
(serves 4)

3 C mixed baby greens

1 C green beans

1 C asparagus spears

AND whatever raw vegetables you would like to use in refrigerator!

BE CREATIVE

3 T olive oil

1 lemon, zest and juice

1 C cherry or grape tomatoes, halved

2 T grain mustard (optional)

2 T Dijon mustard

2 T chopped fresh tarragon

1 T white wine vinegar

S and P to taste

1. Bring 2 qt. of water to a boil and add 1/4 cup salt.
2. Add beans to water and boil for 3-4 minutes. Remove beans from boiling water and submerge in a bowl of ice water. (this stops the cooking and retains the crispness of the vegetable)
3. Wait for water to resume boil and add asparagus. Cook 2 minutes strain and submerge in the bowl of ice water with the beans.
4. For vinaigrette: in a bowl combine mustards, tarragon, and vinegar. While whisking, drizzle in oil.
5. Place 3/4 cup of greens, top with beans, asparagus, additional vegetables and dressing.