

Nicoise Salad

Recipe From: Liz Barbour

This is one of my favorite late summer salads. I select all of my ingredients from my local farm stand and combine them to make this beautiful and healthy salad. Add fresh cooked tuna or chicken to create a full meal.

Serves 6

4 ounces fresh green beans
1 small red onion, peeled and sliced
12 red fingerling potatoes, boiled, cooled
1 cup red and yellow pear or cherry tomatoes cut in halves
1 cup frozen petite peas, thawed
¼ cup capers, rinsed
3 eggs boiled, peeled, and halved
4 cups mixed baby lettuces
¾ cup Nicoise Salad Dressing, recipe follows
Additions: Shaved red cabbage, slice mushrooms, Nicoise or Kalamata olives, cooked lentils, baby arugula

1. Trim the green beans, and then blanch (cook) in boiling water for 2 minutes. Immediately strain the green beans and run under cold water to stop the cooking.
2. In a large bowl, combine the green beans, red onion, potatoes, tomatoes, peas, and capers. Toss lightly with ¼ cup of the Nicoise dressing.
3. Divide the lettuce between the plates. Place equal amounts of dressed vegetables on top of the greens and serve garnished with the cooked eggs.

Nicoise Dressing

Makes 2 ¼ cups (plenty to keep on hand for more salads!)

1/3-cup sherry vinegar (or red wine vinegar)
1/4-cup Dijon mustard
2 tablespoons minced shallots
2 Tbs fresh Tarragon, minced
1 1/2 cups extra virgin olive oil
Kosher salt
Freshly ground white pepper

1. In a medium bowl, whisk together vinegar, mustard, tarragon, and shallots.
2. Slowly whisk in the olive oil to emulsify.
3. Season to taste with salt, pepper, and sugar. Refrigerate in a covered container.