



Tomato Green Bean Salad

Created by Chef Mike Gillespie

This dish screams “summer is here”. If you want a refreshing summer salad that uses your fresh garden vegetables this is it.

Ingredients:

1 ripe fresh tomato
Hand full fresh green beans
Hand full chiffonade (thinly sliced) kale
Parmesan cheese, grated

Dressing ingredients:

1 oz fresh basil
1/4 cup lemon juice
1 T Dijon mustard
1 cup olive oil
1 t salt
1/2 t pepper



Method:

1. Pick the ends off the beans and blanch in boiling water for 1 min. Drain and cool in cold water. Drain and put in a bowl.
2. Slice tomato into 3/4" wedges. Then add to the bowl with the bean and kale.
3. For dressing:
Put basil, lemon juice, and mustard in the bottom of a blender. With blender running slowly add olive oil. The dressing should get thicker as you add oil. Add salt and pepper at the end.

4. Toss the kale, tomatoes, and beans in the dressing. Arrange on plates then add a healthy amount of parmesan cheese on top.

Chef Mike Gillespie is the owner of The Living Farm Café and Inn in Paonia, Colorado. The farm to table café features all local food from the family farm (The Living Farm) and other neighboring farms in the valley. For more information go to www.thelivingfarmcafe.com

Lynn Gillespie and her family own The Living Farm, a 212 acre organic sustainable farm in Paonia, Colorado. Lynn is an organic vegetable grower and author of several gardening books. For more information and more articles and videos about gardening, cooking the harvest or preserving the harvest go to www.thelivingfarm.org