



Green Bean Salad



Green Bean Salad

Introduction

This green bean salad is a delightful and refreshing dish that brings together the crispness of fresh green beans with the vibrant flavors of other wholesome ingredients. A perfect accompaniment to any meal, it can also serve as a light and nutritious stand-alone dish. This salad is not only easy to prepare but is also packed with vitamins and nutrients, making it a great addition to your weekly menu.

Detailed Ingredients with measures

Fresh green beans: 500 grams
Cherry tomatoes: 200 grams
Red onion: 1 medium-sized
Olive oil: 3 tablespoons
Lemon juice: 2 tablespoons
Salt: to taste
Pepper: to taste
Fresh herbs (like parsley or basil): a handful

Prep Time

Preparation time for this salad is approximately 15 minutes, making it a quick option for a healthy meal.

Cook Time, Total Time, Yield

The cooking time is minimal since green beans require only a short

boiling period of about 5 to 7 minutes. In total, the entire process, including preparation and cooking, will take around 25 minutes. This recipe yields approximately 4 servings, ideal for a small gathering or as leftovers for lunch.



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Detailed Directions and Instructions

Step 1: Prepare the Beans

Wash and trim the green beans. Cut them into smaller pieces, about 2-3 centimeters in length.

Step 2: Cook the Beans

Bring a pot of salted water to a boil. Add the green beans and cook for about 5-7 minutes until they are tender but still crisp. Drain and rinse under cold water to stop the cooking process.

Step 3: Make the Dressing

In a small bowl, mix together olive oil, lemon juice, salt, and pepper. Adjust the seasoning according to taste.

See also [Creamy Zucchini Soup Recipe for Comforting Meals](#)

Step 4: Assemble the Salad

In a large bowl, combine the cooked green beans, diced red onion, and any other chosen ingredients like cherry tomatoes or feta cheese. Pour the dressing over the salad and toss gently to coat.

Step 5: Chill the Salad

Let the salad rest in the refrigerator for at least 30 minutes to allow the flavors to meld before serving.

Notes

Note 1: Variation Options

Feel free to add other vegetables such as bell peppers or cucumbers for added texture and flavors.

Note 2: Storage

The salad can be stored in the refrigerator for up to 2 days. However, it is best enjoyed fresh.

Note 3: Serving Suggestions

This salad pairs well with grilled meats or can be served on its own as a light meal.



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Cook techniques

Blanching

Blanching is a cooking technique where vegetables are briefly immersed in boiling water, then quickly transferred to ice water to halt the cooking process. This method helps retain the vibrant color and crisp texture of green beans.

Chopping

Chopping involves cutting ingredients into smaller pieces with a knife. For this salad, it's essential to chop the vegetables evenly to ensure uniform cooking and presentation.

Mixing

Mixing is combining ingredients thoroughly to ensure an even distribution of flavors and textures. In this salad, mixing also helps in incorporating the dressing evenly throughout the vegetables.

Seasoning

Seasoning is the process of adding spices, herbs, or other flavorings to enhance the taste of a dish. Proper seasoning can elevate the overall flavor profile of the salad.

See also Ketchup

Garnishing

Garnishing involves adding decorative elements or edible enhancements to a dish before serving. It not only improves the presentation but can also add flavor and texture variations.

FAQ

Can I use frozen green beans instead of fresh?

Yes, you can use frozen green beans. Just ensure they are thawed and drained before adding them to the salad.

How can I store the salad for later?

The salad can be stored in an airtight container in the refrigerator for up to two days. Just be aware that the texture may change slightly.

What other ingredients can I add to the salad?

You can customize the salad by adding other vegetables, nuts, or cheese to suit your taste preferences.

Is this salad suitable for a vegetarian diet?

Yes, this salad is entirely vegetarian and can be enjoyed by those following a vegetarian diet.

What dressing works best with this salad?

A light vinaigrette or a yogurt-based dressing complements the flavors of the salad beautifully.



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Conclusion

The asparagus bean salad is a refreshing and nutritious dish that can be enjoyed as a side or a main meal. Its combination of vibrant vegetables and a zesty dressing makes it a versatile addition to any table. Whether served at a summer barbecue or a family gathering, this salad is sure to please a crowd.

More recipes suggestions and combination

Chickpea and Avocado Salad

Combine chickpeas with diced avocado, cherry tomatoes, and red onion for a protein-packed salad. Drizzle with lime juice and cilantro for added flavor.

Roasted Vegetable Medley

Toss your favorite vegetables such as bell peppers, zucchini, and carrots with olive oil and herbs before roasting them in the oven for a warm side dish that complements any meal.

See also Teriyaki Chicken

Quinoa Tabbouleh

Mix cooked quinoa with parsley, mint, tomatoes, and cucumber. Dress with lemon juice and olive oil for a light and nutritious option.

Pasta Salad with Pesto

Combine cooked pasta with cherry tomatoes, mozzarella balls, and basil pesto for a quick and tasty salad that's great for picnics.

Greek Salad

Mix cucumbers, tomatoes, red onions, olives, and feta cheese, dressed with olive oil and oregano for a classic Mediterranean flavor profile.



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