

Green Bean, Potato, Tomato and Pesto Salad

I was blown away when I tasted this dish at a Melissa's Produce book signing event for Amy Riolo's "The Ultimate Mediterranean Diet Cookbook". Fresh ingredients, Italian ancestry via Liguria. This fresh pesto could wake up almost any vegetable, but this was an ultimate vegetarian dish - creamy, rich, melt in the mouth, healthy and delicious.

1 ½ pounds	Baby Yellow Potatoes	¼ cup	pine nuts
1 pound	green beans, preferably haricot vert, stems removed	¼ cup	olive oil
1 cup	cherry tomatoes halved	¼ cup	parmesan cheese, grated
1 clove	garlic	1 pinch	salt and freshly ground black pepper (to taste)
3 cups	fresh basil leaves (lightly packed)		

- 1 Add potatoes to a pot of water. Bring to a boil and then add the green beans. Turn heat down to a simmer and cook for another 4-5 minutes or until the potatoes can be pierced with a fork and the green beans are tender. To prevent green beans from discoloring, do not cover. Drain vegetables and rinse with cold water to stop the cooking. Place into a salad bowl.
- 2 While the vegetables are cooking, make the pesto. Place garlic in the bowl of a food processor and process until minced. Add basil, pine nuts and olive oil. Process until all items are minced, but still have some texture. Add grated parmesan cheese. Pulse to combine.
- 3 To serve, add halved cherry tomatoes to the potatoes and green beans and enough pesto to coat the vegetables evenly. Season with salt and pepper.

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Total Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 386 calories, 188 calories from fat, 21.7g total fat, 5.5mg cholesterol, 190.6mg sodium, 1194.5mg potassium, 42g carbohydrates, 8.9g fiber, 3.4g sugar, 10.4g protein.

Source

Author: Adapted by Patricia K. Rose, July 2015

Source: The Ultimate Mediterranean Diet Cookbook by Amy Riolo

