Green Bean Salad with Mustard Vinaigrette

Ingredients:

Salt and Pepper
1 ½ pounds green beans, trimmed
1 Tablespoons honey (to taste)
2 Tablespoons Vinegar (Apple Cider)
3 Tablespoons olive oil
½ cup sliced almonds, toasted
½ teaspoon Dijon mustard (mustard to taste)
½ teaspoon garlic powder
¼ Purple Cabbage

Directions:

• Boil a large pot of water.
• Add 1 Tablespoon salt and the green beans.
• Cook until very tender 6 – 8 minutes.
• Drain and run under cold water to cool.
• Rub the beans vigorously between your hands/pound beans with a spoon to break them in half length-wise.
• Transfer into a bowl.
• Whisk together the mustard, vinegar, oil, and ¼ teaspoon salt & pepper.
• Drizzle over the green beans.
• Sprinkle with almonds.

Tip:

Blanching vegetables locks in flavor, texture, and color, and you don’t have to worry about under or over cooking.

Adapted from Real Simple Green Bean Salad with Mustard Vinaigrette