

Recipe for: Cucumber and Mint Salad

Ingredients:

4 ounces green beans, trimmed
1 cup torn fresh mint
1 small seedless cucumber, halved or quartered lengthwise
cut ½ inch thick
1 head Boston lettuce, leaves torn into pieces
½ cup extra-virgin olive oil
2 Tbsp. fresh lemon juice
Sea salt
Freshly ground pepper

Preparation:

Prepare an ice-water bath.

Cook green beans in a pot of boiling salted water until bright green and tender, about 4 minutes.

Drain; transfer to ice-water bath, and drain again. Cut into thirds.

Toss with mint, cucumber and lettuce.

Pour ¼ cup oil into lemon juice in a slow, steady stream; whisking until emulsified.

Season with salt and pepper.

Drizzle dressing over salad; toss to coat.