

Green Bean Salad with Herbs, Feta & Raisins

1.5 lbs of green beans, cut into two-inch pieces

½ cup of chopped parsley

½ cup of torn dill

½ cup roughly chopped raisins

4oz feta, crumbled

Dressing

1 shallot, sliced into rings

1 garlic clove, sliced

2 tablespoons apple cider vinegar

1 tablespoon sherry vinegar

3 tablespoons olive oil

1 teaspoon dijon mustard

½ teaspoon whole-grain mustard

½ teaspoon salt

1. Bring a large pot of water to a boil and fill a large bowl with ice and water. Blanch the green beans by placing them in the pot of boiling water for 2 minutes. Immediately transfer the beans to the ice water to stop the cooking. The beans will be bright green and still crisp. Once the beans are cool, drain the water and dry off the beans with a towel.
2. Place the shallot rings and garlic slices in a small bowl. Cover them with 2T apple cider vinegar and 1T sherry vinegar. Let them sit in the vinegar for 20 minutes on the counter. After 20 minutes remove the garlic slices and toss them.
3. Add 3T olive oil, 1t dijon, ½t whole grain mustard to the vinegar, and shallot rings. Whisk with a fork to emulsify.
4. Combine the green beans, herbs, raisins, and dressing in a large bowl. Toss everything together and coat the beans with dressing. Taste a bean and season with a little salt to taste. Then add the feta and lightly toss to incorporate it. Refrigerate until ready to serve.