

"Farm Fresh Recipes"



SMB Colorado Master GardenersSM and The Norwood Farm and Craft Market

Raw Green Bean Salad

Fresh green beans are so delicious; I haven't been able to bring myself to cook them all summer. This is an Indian-style raw salad, altered from Jennifer Murray.

- 2 cups fresh green beans, chopped into ½ inch pieces
- ½ cup shredded carrot
- 3 Tbsp olive oil, or toasted sesame oil
- 3 Tbsp yellow or sweet onion, minced
- ½ tsp cumin
- ½ tsp ground coriander
- ½ tsp garam masala- or replace with ¼ tsp cinnamon and ¼ tsp nutmeg.
- 1 Tbsp honey
- Juice of 1 lemon
- Salt to taste

Whisk all of the spices and seasonings together with the onion, and then toss in the green beans and carrots. Allow to mellow at least 30 minutes before serving- re-adjust the seasoning if need be.

The salad can be prepared ahead of time and refrigerated in an airtight container.

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