



A LOCAL *Ontario food* EXPERIENCE

recipe of the week

tricolour bean and tomato salad

- 1 lb multi-coloured beans, trimmed
- 1 1/2 cups multi-coloured cherry tomatoes, halved
- 1/4 cup good Mr. Vinegar Red Wine vinegar
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons chopped fresh basil or tarragon leaves
- 2 teaspoons chopped fresh thyme leaves
- 1 teaspoon salt
- 3/4 teaspoon freshly ground black pepper

Cook the beans in a large pot of boiling water until crisp-tender, about 3 minutes. Drain. Rinse with cold water, then drain well and pat dry.

Add the vinegar, oil, herbs, 1 teaspoon of salt, and 3/4 teaspoon pepper to a glass screw-top jar. Seal the jar and shake vigorously to mix the vinaigrette.

When you're ready to serve, shake the jar again to re-mix the vinaigrette and pour it over the vegetables. Season with more salt and pepper, if desired.

Enjoy!



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Culinarium shopping list

1 lb multi-coloured beans
1-1/2 cups cherry tomatoes, mixed colours
Mr. Vinegar Red Wine Vinegar

other

fresh basil or tarragon
fresh thyme
olive oil

www.culinarium.ca

