

Shopping List

Produce

Tomato—slicing and cherry

Green beans

Garlic

Italian parsley

Bulk

Extra virgin olive oil

Dried oregano

Sea salt

Grocery

Balsamic vinegar



Check out our recipe blog at
www.communityfoodcoop.wordpress.com

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Bellingham's Natural Grocer

Downtown Store

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Open Daily 7am-10pm

Cordata Store

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Green Bean and Tomato Salad



Community
FOOD CO OP

Green Bean and Tomato Salad

INGREDIENTS

1 1/2 # green beans, snapped (or cut) into 2 inch pieces

3/4 c tomato, chopped and seeded

1 c cherry tomatoes, halved

1/3 c extra virgin olive oil

2 T balsamic vinegar

2 garlic cloves, minced

1 t dried oregano

1/4 c Italian parsley, chopped

Sea salt and pepper

INSTRUCTIONS

1. In a large pot of boiling salted water, cook the green beans until crisp-tender, about 3 minutes.
2. Drain beans, and transfer to a bowl of ice water to cool. Drain again, and place in a large bowl.
3. Add the chopped tomatoes to the bowl.
4. In a measuring cup, mix the olive oil, vinegar, garlic, and oregano.
5. Pour dressing over salad and mix. Add the cherry tomatoes and parsley as garnish. Season with salt and pepper.



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Serves 8