

# Fava Beans Summer Salad

## Ingredients

- 1 lb fava beans
- 2-3 garlic cloves
- 1 small red onion, sliced
- 1 small bunch parsley, minced
- Juice of 1 lemon
- 2 tbsp red wine vinegar
- ¼ cup olive oil
- Salt
- Pepper

## Directions

1. “Unzip” the pods of the favas and collect the beans.
2. Bring a pot of water to a boil. Add beans to boiling water, cook for 1-2 minutes (until just tender), then transfer immediately to ice water to blanch.
3. Optionally, remove the outer coat from the beans using your fingernail.
4. To make the dressing, peel and mince two cloves of garlic. You can also use a garlic press to crush the garlic! Add to a jar. *\*Be sure to have a loved one nearby to help if needed!*
5. Squeeze the juice of 1 lemon into the jar. Remove lemon seeds, they are bitter!
6. Add salt and black pepper to taste. About ⅛ teaspoon each.
7. Add ¼ cup olive oil and the 2 tablespoons of vinegar, and then secure the lid on the jar. Give the jar a couple of really good shakes! The lemon juice and olive oil will **emulsify**, or mix, so that the dressing becomes creamy.
8. Add the dressing, parsley, & onions to the beans and toss. Serve and enjoy!

## Ingredient substitution and topping ideas

- If you don't have favas, try blanching green beans or asparagus to use in this recipe!
- No lemons? Substitute 2 tablespoons of vinegar (Red wine, white, apple cider)
- Use any green herb (green onion, chives, cilantro, mint, dill) in place of parsley.
- Add chopped avocado for creaminess!