Green Beans and Greens Salad

with Blueberry Dressing



Salad Ingredients:

½ pound small fresh green beans, trimmed

½ cup blueberries

1 head red or green leaf lettuce, roughly chopped

1/3 cup chopped red onion

1/3 cup raw pecans

Dressing ingredients:

½ cup blueberries

1/4 cup unsweetened almond milk, plus more if needed

2 tablespoons tahini

1 tablespoon lemon juice

1 medjool date, pitted

Cooking Green Beans is optional; they taste great raw too!

Bring a large pot of water to a boil. Add green beans and cook until crisp-tender, 1 to 2 minutes. Drain and transfer to a large bowl of ice water until chilled, and then drain again.

To make dressing, purée 1/2 cup blueberries, almond milk, tahini, lemon juice and date in a blender; add more almond milk, if needed, to reach desired consistency. Transfer to a large bowl, add lettuce and green beans and toss well. Transfer salad to plates and scatter, blueberries, onion and pecans over the top.