



# HOME COOKING

*with Cathy*

by **Cathy Abernethy**

**CLARINGTON PROMOTER  
CONTRIBUTOR**

This is a recipe which I tried at a friend's house last week. I thought it would work well as most of the ingredients are ready available at our local markets or in our gardens. I hope you enjoy it! The original recipe comes from a website called [www.vegetablegardener.com](http://www.vegetablegardener.com).



## *Versatile Green Bean Salad*

### *Ingredients:*

- 2 lbs. fresh green beans  
(I like to use the thin French beans)
- 1 Tbsp. good quality extra- virgin olive oil
- 2 cups of grilled or boiled corn  
(cut from the cob)
- 1 cup sundried tomatoes drained & diced
- 2 cups cherry tomatoes cut in half
- ½ cup diced red or sweet onion
- 1 tsp. sea salt to taste
- Minced herbs of your choice- eg. Basil, parsley, mint, thyme (optional)

### *Preperation:*

1. Trim the ends from the beans, and boil until tender, about 6 -8 minutes until tender-crisp.
2. Drain beans immediately and immerse in a bowl of ice water to stop cooking process
3. Drain beans and dry slightly with paper towel. Place in refrigerator until needed.
4. Cut the corn from the cob and sauté slightly in some olive oil – about 10 minutes.
5. When ready to assemble your salad, mix the above ingredients together with two serving forks and toss gently with the olive oil and salt.

Note: This recipe also mentions that you can add other ingredients as well. Here are some suggestions- toasted nuts of any kind, toasted sesame seeds, roasted pepper strips, sliced scallions, currants, diced dried apricots.

Serves 8-10 people