

RED BICYCLETTE

Spring French-Village Vegetable Salad

9 Pencil asparagus stalks, trimmed
1/2 lb. Fava beans, removed from pods
1/2 lb. Small red potatoes, cut into wedges
1/2 lb. Tomatoes, cut into wedges
1 1/2 qt. Spring salad mix, washed, patted dry

For the vinaigrette:

1/4 c Cider vinegar
1 t Minced shallot
1/2 t Chopped parsley
1/2 T Dijon mustard
2/3 c Extra virgin olive oil
2 t Salt
Freshly ground pepper

Directions

Cut the asparagus into 2-inch long sections. Steam the potatoes, fava beans, and asparagus until tender. To test for tenderness of fava beans, remove a bean from the steamer, then use your thumbnail to pierce and remove the outer skin. Taste the bean for tenderness. When vegetables are tender, let cool and remove outer skin of all fava beans. Set aside. In a medium bowl, whisk together all vinaigrette ingredients except for the oil. Slowly whisk in the oil. Now toss the salad greens, fava beans, and asparagus with about 1/3 cup of the dressing and divide among four plates. Gently toss the potatoes and tomatoes with one tablespoon of the dressing and place along the rims of the plates. Serve immediately.

Serves 4

Delicious, when paired with Red Bicycleette® Pinot Noir