

# The Chopping Block

## Summer Squash and Fresh Bean Salad



**Yield: 4-6 servings**



**Active time: 30 minutes**

**Start to finish: 1 hour, 30 minutes (includes chilling time)**

1 pound fresh shelly beans, shucked

Water to cover

1 bay leaf

1/2 onion, large dice

1 pound summer squash (zucchini, yellow squash, or a combination)

1/2 cup *semi-sun-dried "pomodoraccio" tomatoes*, thinly sliced

2 tablespoons capers

1 cup fresh mozzarella balls, halved

**Lemon Salt** and pepper to taste

- 1.** To cook the beans, place them in a saucepan and add enough water to cover by 2 inches. Add the bay leaf and onion.
- 2.** Bring the water to a boil, and reduce the heat to a simmer. Cook the beans until they are tender, about 25 minutes. Drain well, and spread out on a sheet tray to cool.
- 3.** Using a *spiralizer*, cut the zucchini and yellow squash into spiral strands, leaving the seed-filled centers behind.
- 4.** Place the spiraled squash in a salad bowl, and toss with the shelly beans, tomatoes, capers, and fresh mozzarella.
- 5.** Dress the salad with just enough **Pesto** (recipe follows) to coat, and season with lemon salt and pepper to taste.
- 6.** Serve chilled or room temperature. ■

## Pesto



**Yield: 3/4 cup**



**Active time: 10 minutes**

**Start to finish: 10 minutes**

2 cloves garlic  
3 tablespoons pine nuts, toasted  
1/2 cup parmesan cheese, grated using a *microplane grater*  
2 tablespoons romano cheese, grated  
2 cups fresh basil leaves, loosely packed  
1/2 cup extra virgin olive oil  
Salt and pepper to taste

- 1.** Turn on a food processor fitted with a metal blade. Drop in garlic cloves through top opening, and process until finely minced.
- 2.** Turn off the processor, add pine nuts and cheeses and process until finely minced.
- 3.** Add the basil, and while the food processor is running, add the oil in a steady stream through the feed tube.
- 4.** Season with salt and pepper to taste.
- 5.** Refrigerate until use, up to 4 days, or freeze up to 3 months. ■