

Recipe

Fava Bean, Escarole and Mint Salad

preparation:

In a medium saucepan of boiling water, blanch the fava beans until barely tender, about 2 minutes. Drain and let cool slightly, then peel the beans.

In a medium bowl, combine EVOO, lemon juice, garlic and crushed red pepper; season with salt + pepper.

Add the favas, escarole and mint and toss. Sprinkle with the Pecorino Romano, toss again and serve.

ingredients:

Fresh fava beans, shelled
Extra virgin olive oil
Fresh lemon juice
Garlic, minced
Pinch of crushed red pepper
Salt + freshly ground black pepper
Escarole leaves, chopped
Mint leaves
Grated Pecorino Romano



AMAGANSETT, NEW YORK