



## Constance's Stage Left

### May 2015

#### FAVA BEAN AND MINT SALAD WITH ASPARAGUS

This is a great salad, especially now that asparagus is in season. Fava beans and mint are a springtime combination found throughout Europe. This recipe is from Mark Bittman's *How to Cook Everything Vegetarian*.

Salt

- 1 lb. asparagus, cut diagonally into 2-inch pieces (about 3 1/2 cups)
- 2 tablespoons extra virgin olive oil
- 2 teaspoons freshly squeezed lemon or orange juice
- 1/2 teaspoon of sugar
- 2 lbs. fresh fava beans, shucked, blanched, and peeled (about 2 cups)  
or frozen fava beans, edamame, peas or lima beans
- 1 cup fresh mint leaves
- Freshly ground black pepper
- 1 teaspoon grated lemon or orange zest for garnish

1. *Bring a large pot of water to boil and salt it. Cook the asparagus for about a minute or two, then drain and run under cold water or plunge into a bowl of ice water to stop the cooking. When cold, drain.*
2. *Whisk together the olive oil, lemon juice, and sugar in a large bowl until sugar is dissolved. Add the fava beans, asparagus, and mint and toss to coat. Taste and add more salt if needed, plus a sprinkle of pepper. Serve garnished with lemon zest.*