



# Greenmarket Recipe Series

## BLACK BEAN-TARRAGON SALAD

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THE COMBINATION OF FRESH tarragon and ground fennel here lends a hint of anise flavor to this light, refreshing salad. Pair these beans with a grain, such as brown rice or quinoa, for a complete meal.

*Serves 4-6*

### **INGREDIENTS:**

\*1 cup dried black beans, soaked, drained, and rinsed (see Chef's Tip)

¼ teaspoon ground cumin

¼ teaspoon ground fennel

1 dried bay leaf

1 teaspoon fine sea salt, plus more to taste

¼ cup extra-virgin olive oil

*\* Ingredients available seasonally at your neighborhood Greenmarket*

3 tablespoons fresh lime juice (from 2 or 3 limes)

\*3 radishes, cut into small dice

\*2 tablespoons minced scallions (white parts only)

\*1 tablespoon chopped fresh tarragon

Freshly ground black pepper to taste

### **INSTRUCTIONS:**

1. In a medium pot, combine the soaked beans with the cumin, fennel, bay leaf, ½ teaspoon salt, and 4 cups of water, cover and bring to boil over high heat. Reduce the heat to medium-low and simmer with the lid ajar until the beans are tender, about 40 minutes. Remove the bay leaf and drain the beans.
2. In a small bowl, whisk together the oil, the lime juice, and the remaining ½ teaspoon salt. Pour the dressing over the warm beans.
3. When the beans have cooled slightly, toss them together with the radishes, scallions, and tarragon. Season with salt and pepper to taste.

**CHEF'S TIP:** If you're short on time, you can substitute 3 cups of canned black beans for the cooked beans here. Simply drain and rinse them, then proceed to step 3. No need to heat the beans—just dress, toss, and serve. If you do heat them, though, they'll absorb more of the dressing.

Greenmarket is a program of GrowNYC, a 501(c)3 environmental nonprofit organization. GrowNYC serves 3 million New Yorkers each year, providing opportunities to make NYC truly livable - a place where every person can enjoy a healthier life.

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