**Green Bean & Mushroom Salad**
*A Recipe by Chef Walter Staib*

Serves 10

2 ½ pounds fresh green beans, trimmed
3 tablespoons walnut oil or olive oil
2 tablespoons red wine vinegar or balsamic vinegar
2 teaspoons Dijon mustard
About 1 pound white button mushrooms, sliced (about 5 ½ cups)
3 medium shallots, peeled and chopped
Freshly ground black pepper

Bring a large saucepan of lightly salted water * to a boil (about 1 teaspoon salt to a gallon of water) * over high heat. Toss in the green beans and cook for 3 to 5 minutes, until the beans are just tender but still firm. Drain and place them in a large bowl.
Whisk together the oil, vinegar and mustard in a small bowl until the dressing is blended.
Add the mushrooms and shallots to the bowl of green beans and pour the dressing overtop.
Season with pepper, tossing gently to coat and serve at room temperature

* Keep the cooking time brief which will prevent most of the salt from being absorbed. Salt can be eliminated if desired.

## Nutritional Breakdown Green Beans and Mushroom Salad

| Recipes | Total # serv | Cals | Total Fat g | Sat Fat g | Chol mg | Sodium mg | Fiber g | Carbs g | Pro g |
|---|---|---|---|---|---|---|---|---|---|
| **Original – OK for Heart Health!! (using lightly salted water)** | | | | | | | | | |
| **Orig & HH Green Bean & Mushroom Salad** | **10** | 90 | 4.5 | 0.6 | 0 | 54 | 4 | 11 | 4 |