

Green Bean Cold Cut Salad

Recipe By *Brynie Greisman*



Cooking and Prep:  45
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Serves:  8

Contains:   

Preference: Meat

Difficulty: Easy

Source: Family Table by
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This salad is really an all-in-one with vegetables, pasta, and protein, perfect for a light summer meal. I purposely created this without lettuce or cabbage, so it wouldn't be your typical salad. I love that the cooking is all done in one pot, and appreciate how the salad components come together with the dressing for a delicious culinary experience.

Ingredients (12)

Salad

- 4 cups (12 ounces/350 grams) frozen green beans (I used the long ones)
- 1 cup raw small shells, orecchiette, or other small pasta shape
- 5 ounces (145 grams) cubed cold cuts (I used turkey and pastrami, but see note)
- 1/2 medium red onion, sliced into quarter rounds
- 1/4 cup [Gefen Sliced Green Olives](#) (optional)
- 1/4 cup roasted cashews, halved

Dressing

- 1 and 1/2 tablespoons **Bartenura Olive Oil**
 - 1 and 1/2 tablespoons water
 - 1 and 1/2 tablespoons vinegar
 - 1 and 1/2 teaspoons **Gefen Honey**
 - 1 and 1/2 teaspoons **Reine de Dijon Dijon Mustard**
 - salt, to taste
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Start Cooking

Prepare the Salad

1. Fill a 6 liter/quart pot with water, add salt generously, and bring to a boil. Add the beans and cook for 5 minutes or until just tender.
2. Remove with a slotted spoon and place in a strainer. Rinse under cold water. Place a few ice cubes on top of the green beans to keep them green and crisp.
3. Return the pot to the fire and bring the same water to a boil again. Add the pasta and cook for 7-8 minutes or until al dente. Drain and add to a large bowl.
4. Add drained string beans, deli, onion, and olives if desired. Mix together gently.
5. For dressing: Whisk together ingredients in a small bowl. Pour over salad and stir until lightly coated. Sprinkle with cashews and serve.

Note:

Best served at room temperature.